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*Jaques Le Store Inv. Behold, ye Fair, united in this Book?
The frugal Housewife, and experienc'd Cook.*

B. Wile sc.

THE
BRITISH HOUSEWIFE:
OR, THE
COOK, HOUSEKEEPER's,
AND
GARDINER's COMPANION.

CALCULATED FOR THE

Service both of LONDON and the COUNTRY;

And directing what is necessary to be done in the *Providing for, Con-
ducting, and Managing* a FAMILY throughout the Year.

CONTAINING

A general Account of fresh Provisions of all Kinds. Of the several *foreign
Articles* for the Table, pickled, or otherwise preserved; and the different Kinds of *Spices,
Salts, Sugars,* and other *Ingredients* used in *Pickling and Preserving* at Home: Shew-
ing *what each is, whence it is brought, and what are its Qualities and Uses.*

Together with the *Nature* of all Kinds of *Foods,* and the Method of *suiting
them to different* CONSTITUTIONS;

A BILL of FARE for each Month, the Art of *Marketing* and *chusing* fresh Provisions of all
Kinds; and the making as well as *chusing* of *Hams, Tongues,* and other *Store Dishes.*

Also DIRECTIONS for plain *Roasting and Boiling*; and for the Dressing of all Sorts of *Made
Dishes* in various Tastes; and the preparing the *Desert* in all its Articles.

Containing a greater Variety than was ever before publish'd, of the most
Elegant, yet least Expensive RECEIPTS in

COOKERY,	✱	FRICASSEES,	✱	TARTS,	✱	DRY'D FRUITS,
PASTRY,	✱	RAGOUTS,	✱	CAKES,	✱	SWEETMEATS,
PUDDINGS,	✱	SOUPS,	✱	CREAMS,	✱	MADE WINES,
PRESERVES,	✱	SAUCES,	✱	CUSTARDS,	✱	CORDIALS, And
PICKLES,	✱	JELLIES,	✱	CANDIES,	✱	DISTILLERY.

To which are annexed,

The Art of CARVING; and the Terms used for cutting up various Things;
and the polite and easy Manner of doing the *Honours of the Table*: The whole Prac-
tice of *Pickling and Preserving*: And of preparing *made Wines, Beer, and Cyder.*

As also of *distilling* all the useful Kinds of *Cordial and Simple Waters.*

With the *Conduct of a Family* in Respect of *Health*; the *Disorders* to which they
are every *Month* liable, and the most approved *Remedies* for each.

And a Variety of other valuable Particulars, necessary to be known in *All Families*; and
nothing inserted but what has been approved by EXPERIENCE.

Also the Ordering of all Kinds of profitable *Beasts and Fowls*, with respect to their *Choice, their
Breeding and Feeding*; the *Diseases* to which they are severally liable each Month, and *Receipts*
for their *Cure*. Together with the Management of the *pleasant, profitable, and useful Garden.*

THE WHOLE

Embellished with a great Number of *curious* COPPER PLATES, shewing the
Manner of *Trussing* all Kinds of *GAME, wild and tame FOWLS, &c.* as also the Order of
setting out *TABLES* for *Dinners, Suppers, and Grand Entertainments*, in a Method never before
attempted; and by which even *those who cannot read* will be able to instruct themselves.

By Mrs. MARTHA BRADLEY, late of BATH:
Being the Result of upwards of *Thirty Years Experience.*

The whole (which is deduc'd from Practice) compleating the careful Reader,
from the highest to the lowest Degree, in every Article of *English Housewifery.*

L O N D O N:

Printed for S. Crowder and H. Woodgate, at the Golden Ball in Paternoster Row.



THE
BRITISH HOUSEWIFE:

Mrs Mary OR, THE *Stammore*
Cook, Housekeeper's, and Gardiner's

COMPANION.

SECT. I.

*Of the Nature of fresh Provisions,
Pickles, and Preserves.*

CHAP. I.

Of fresh Provisions in general.

WE are to conduct the Cook and House-keeper throughout the Year, and we begin with the first Month. *January* is a dead Season: In the Course of this Month there is less Variety than in any other; the Cook therefore is with her utmost Care to make the best of what Nature affords: and we shall instruct her to do that to the greatest Advantage. We shall here by way of Introduction to the rest, lay before her a general List or Catalogue of fresh Provisions, that she may in one View see her Store; and we shall, in their proper Places, enter more particularly on their Qualities and Choice. This is to be considered as a Chapter of Remembrance rather than Instruction. It contains what every one knows, but none is ever to forget.

These Provisions are supply'd from four principal Sources, the *Field*, the *Yard*, the *Pond*, and the *Garden*. From the *Field* we have the substantial Part, *Meat* of all Kinds; from the *Yard Poultry*; from the *Pond Fish*; and from the *Garden Greens, Roots* and *Fruits*. We shall here give a general Catalogue of them together, and hereafter, in the *Bill of Fare* for this and the succeeding Months, shew which of them are most, and which least in Season; which in their Prime, and which entirely out.

We have *Meat* principally from three Sources, the *Ox*, the *Sheep*, and the *Hog*; and from each of these there are several Kinds of Provision, according to their Age and Management.

From the *Ox* Kind we have *Beef* and *Veal*; from *Sheep*, *Mutton* and *Lamb*; and from the *Hog*, *Bacon*, *Pork*, and *Pig*.

To these we are to add *Venison*, the *Flesh* of the *Deer*; and if we subjoin the *Flesh* of the *Kid*, *Hares* and *Rabbits*, we have in our View all that is furnished by the four-footed Kind.

The *Poultry* of our *Yard* are a small Part of the Store we receive from the winged Kind; for those which live wild are more numerous and more valuable. Among the tame we are to reckon the common *Fowl*, the *Turkey*, the *Goose*, and *Ducks*; to which we may occasionally add the *Swan* and *Peacock*. To the *Cock* and *Hen* Kind we may also add the *Pheasant*, since it approaches very much to their Nature, and is in a manner kept tame in many Places. Among the common *Fowls*, the *Chicken*, the *Green Goose* and the *Duckling* differ from the full-grown of their Kinds, in the same manner as *Lamb* from *Mutton*, *Veal* from *Beef*, and the like.

Among the wild *Fowl* are to be reckoned the *Wild Duck* and its Kind, the *Teal* and *Widgeon*; the *Woodcock*, *Snipe*, and *Partridge*; the *Pigeon*, *Lark* and other small Birds. The other lesser Particulars will be enumerated in their proper Months,

Months, with the Ways of dressing: This is a general Table.

Fish are extremely numerous, and they fall under two distinct Heads, as they are had from the *Sea* or *fresh Waters*.

From the *Sea* we have *Turbot*, *Cod*, *Soal*, *Haddock*, *Doree*, and a Multitude of others; down to the *Whiting* and *Herring*, and that small but elegant Fish, the *Smelt*. The *fresh Waters* afford the *Pike* and *Pearch*, the *Carp* and *Tench*, *Salmon*, *Trout*, and *Eels*, with others down to the *Gudgeon*. And to these we are to add the *Shell-Fish* of the *Sea*; the *Oyster*, *Escalop*, *Cockle*, and the like; and those Kinds which are called *Crustaceous Fish*, such as the *Lobster* and *Crab*, as well as others, down to the *Shrimp*, from the *Sea*, and the *Cray-Fish* from the *fresh Waters*.

We come last to the *fresh Provisions* from the *Garden*; these come in a lower Class than the others, because they are rather *Additions* to *Dishes* than such themselves, but they are of great *Value*. Among the principal *Greens* may be reckoned the *Cabbage*, *Brocoli*, *Cauliflower* and *Spinage*, to which we may add, *Celeri*, *Lettuce*, *Radish* and *Salleting*; *Asparagus*, *Beans*, *Pease*, and *French Beans*.

Among *Roots* we have the *Carrot*, *Parfnip*, *Tur-nip*, and *Potatoe*. And among *Fruits* the *Apple*, *Pear*, *Plumb*, *Wallnut*, *Chefnut* and *Filberd*; with the *Melon*, and *Cucumber*; *Fruits* of the *Kitchen Garden*.

This is in one View a general Table of these *Provisions*, and may be called *A Bill of Fare for the Year*. It is the first Thing the *House-Keeper* should have before her *Eye*, because it should be always in her *Memory*. None of the *Catalogues* are here compleat in the lesser *Articles*, for that is the *Business* of the succeeding *Parts* of the *Book*, in which we treat of the *Months* in which the *Things* are particularly in *Season*; and here it would have loaded and perplexed the *Memory*. These are the best and principal
Kinds,

6 *The* BRITISH HOUSEWIFE.

Kinds, and are proper Resources of a Table: So much therefore ought never to be out of the Person's Thoughts who is to provide.

C H A P. II.

Of foreign Articles pickled, or otherwise preserved.

NEXT to the Provisions themselves, the Cook will have Occasion to recollect what those Things are which serve to give them Flavour, or to eat with them as Additions in Sauce, or such as supply the Place of it. Under this Head come Pickles, and other preserved Things of that Kind. Of these there is a vast Number, but the greater Part of them are prepared at Home. Some we receive from other Countries. The former Kind will be treated of hereafter in their Places, according to the Times they are in Season. The latter, or foreign, we shall speak of here. These are principally six, Anchovies, Capers, Caviar, Cayen Pepper, Mangoes, and Soy. Of these we shall give some Account under their several Names, each in a separate Article, shewing their Nature and Origin.

A R T I C L E I.

A N C H O V I E S.

The Anchovy is a small Sea Fish somewhat like a Pilchard, but of a distinct Kind; it's proper Name is *Engrasicholus*. It is preserved with Salt and it's own Juices, which dissolving the Salt make with it that very rich and high Pickle in which we see it.

It is caught upon the Coasts of Provence and Catalonia three Months in the Year, these are May, June, and July. It does not appear there before May, and toward the End of July it goes up the Straights,

Straights of Gibraltar into the Mediterranean, and is seen no more till the following Summer.

They are caught in the Night-time by Means of a Light. The Fishermen go out in small Vessels with Lanthorns at the Stern. The Flame brings the Anchovies about, and they take them in their Nets.

When caught they have very little farther Trouble with them. They cut off the Heads, for they are bitter, the Gaul lying high; and they pull out the Guts; they then lay them regularly in Barrels and strew Bay Salt upon them, Layer upon Layer. Nothing more is done, for the Richness of their Taste is all their own. This shews the Folly of attempting to imitate them with Sprats and other Fishes. What we value in the Anchovy is the fine Flavour of the Fish itself, no other has it. At the Oil Shops they have a Trick of putting right Anchovy Liquor to pickled Sprats, and then selling them for Anchovies; and this may deceive the Unwary, but no other Way can. The finest are those which have the fairest Look, and the richest Liquor; that have a red mellow Flesh, and a moist oily Bone. But the true Way to judge of them is to wash one and open it, and then taste the pure Flesh. This should be high flavoured; and the Pickle redish and of a high Flavour also; if watery and poor, it is not the original Pickle. This will never suffer the Person who considers the true Taste of an Anchovy to be deceived. Sprats are made to taste like them by the Pickle, but that washes off this Way, and the Cheat is seen.

ARTICLE II.

C A P E R S.

Capers are the Flower-Buds of a small Shrub preserved in Pickle. The Tree which bears them is called the Caper Shrub or Caper Bush, and is common in the western Parts of Europe: We have it also
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in some Gardens. But the principal Manufactory for the pickled Capers is near Toulon. The true high flavoured swelling Capers are the Toulon Kind. We have some from Lyons, but they are flatter and less firm; and some few are brought from Majorca, but they are salt and washy.

At Toulon, where the finest are made, the Method is this; they gather the Buds of the Blossoms before they open, and spread them upon a Floor in a Room where there is no Sun, and let them lie till they begin to wither; then they throw them into Tubs of sharp Vinegar, and after three Days add a Quantity of Bay Salt. When this is dissolved they are fit for packing up for Sale, and are sent to all Parts of Europe.

The finest Capers are those of a moderate Size, firm, full and close, and such as have the Pickle highly flavoured. The soft and flabby, and half open, are of little Value.

ARTICLE III.

CAVIARE.

Caviare is the Roe of the Sturgeon prepar'd and dry'd. Sturgeon are prodigiously numerous about the Mouths of Rivers in the Northern Seas, particularly at the Mouth of the Volga. They are caught there in vast plenty, and the Flesh eat fresh or pickled, as we shall shew hereafter. The Females are, in the proper Season, as full of Roe as our Carp; this is taken out, they spread it upon great Tables, beat it flat, and sprinkle Salt upon it immediately: they let in the Air and Sun, and turning it at times it quickly begins to dry: When half dry they beat it more, and form it into Cakes, which they thoroughly dry in Ovens, though without burning. In this Condition it is sent all over Russia, and vast Quantities are imported here.

The Italian Merchants settled at Moscow are the People who principally trade in it. We have a great deal of it from Archangel, but export the most of it again. It is a very high flavoured thing, and when good is redish, firm, and strong to the Taste. When too soft or crumbling, it is always bad.

ARTICLE IV.

CAYAN PEPPER.

The Fruit of a Plant of a lively full red Colour, prepar'd by drying and powdeirng. As we got the taste for Caviare from Russia, we imported this from the Negroes of our Plantations. The Fruit is common in Africa, and they having been accustomed to eat it there, shewed our People the Way in America, and they have taught us.

The Herb which bears this Pod is raised in our Gardens; its proper Name is Capsicum, and from its growing in Africa it is called Guinea Pepper, as Cayan Pepper from its natural Growth in that Part of America. The Pods are as long as one's Thumb, and somewhat thicker; when ripe they are of a smooth, glossy, fine red Colour, whence they are called Garden Corall. We preserve these in the way of a Pickle at home; the Method shall be shewn in its proper Place. We are here speaking of the Powder made of them abroad, and imported. This is call'd Cayan Pepper, and by some improperly Cayanne Butter.

The Pods are gathered when full ripe and split open, the Seeds are taken out, and the split Pods laid to dry in the Sun. When thoroughly dry it is beat to a coarse Powder. This Powder is Cayan Pepper in the plainest Way, but there are many Varieties of it. Some mix Bay Salt with it, and others Powder of dry'd Mushrooms: These three Kinds are made from the common Plant which is called by the Indians Chili, and Chilcotes.

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But besides this there are three distinct Sorts made from so many different Species of the Plant, and varying in Strength and Sharpness.

The first of these is made from a small Pod of a yellowish red when ripe. This is sharper than the common Sort, and is call'd by them Chilterpin.

The second is made from a larger Pod, which though red when ripe is often gathered while green; this is moderately hot, but with a very fine Flavour: They call this Tonalchiles.

The last Kind is the mildest of all; it is a short but thicker Pod, and is called Chilpelagua.

We seldom have any but the common Kind brought over here; but the second Sort here mention'd is much better.

When this Pepper is to be bought, the Person must examine whether it be genuine, for a great deal is adulterated; and in the next Place whether it be pure or have Salt mix'd with it; for this naturally reduces the Value by encreasing the Quantity.

We have of late try'd the making it here, by drying our own Capsicum Pods from the Gardens; this does not come up to the Heat or Flavour of the Foreign; but mix'd with Bay Salt and Mushroom Powder, it makes a very mild and pretty Kind.

The French use these Pods fresh in making of Vinegar, to give it a Sharpness, and they also pickle and preserve them: Pickled they are very fine, as we shall shew hereafter.

C H A P. III.

Of Spices and other Ingredients used in pickling and preserving at Home.

THE two great Ingredients used in all pickling and preserving are *Vinegar* and *Sugar*. The first of these being made at Home we shall treat of hereafter,

after, shewing the Manner of making it, it's various Kinds, and it's Distillation. At present we treat of Things brought from abroad, of which Sugar is properly one, for though refined here, it is the Produce of another Part of the World. The Spices and various Kinds of Salt, are the other chief Ingredients used in this Article; and as the former are entirely brought from abroad, and most of the others, we shall treat of them together.

We shall begin with the Spices, because they are used both in pickling and preserving, and thence come to the Salts, treating of the Sugars separately at last.

The principal Spices used in England are *Cloves*, *Mace*, *Nutmegs*, *Cinnamon*, *Ginger*, *Pepper*, and that Fruit called *Allspice*, or Jamaica Pepper, which has the Flavour of them all. In the East Indies, as we have observed, they use *Galangals*, *Turmeric*, and several other Drugs under the same Name; but these we have nothing to do with in this Account. We shall treat of the others in so many separate Articles.

ARTICLE I.

CLOVES.

The Clove is the Produce of a large and beautiful Tree, and is the unripe Fruit with the Cup of the Flower; the Tree has Leaves like the Bay, and very finely flavoured both for Smell and Taste; the Clove is green at the first Appearance, but it soon grows brownish and is then gathered, very long before it comes toward Ripeness; what are left on the Trees grow very large, and alter their Shape; they are call'd the Mother of Cloves.

The unripe Fruit is gathered in the Middle of the Day and laid in a shady, airy Place to dry, and nothing else is done to it.

We have Cloves from the Dutch ; they have destroyed the Trees in the Molucca Islands, and propagated them in their Island of Ternate ; so that they supply all the European Nations. The Tree is called *Caryophyllus*, which is also the Name of the Fruit. The best Cloves are such as are dry, brittle, dark coloured, and fiery hot to the Taste, and of a quick Smell.

ARTICLE II.

MACE and NUTMEG.

These, though two Spices, and very different in Form and Appearance, are to be treated of together, because they are both produced by the same Tree, and are two Parts of one and the same Fruit. The Nutmeg Tree is large and beautiful, the Leaves are long and of a fine green, and the Flower is like an Apple Blossom ; the Fruit is round, and of the Bigness of a Peach, which it in all Respects resembles. The fleshy Part is not valued, but within it, by Way of Kernel, lies the Nutmeg, which is covered with the Mace ; the Fruit is cut open, the Mace opened and taken off, and that and the Nutmeg dried in a cool airy Place, and then sent over to us.

Some distinguish the Nutmeg into Male and Female. In this Case the common Nutmeg is called the Female ; the other is longish and less valuable. They are produced by the same Tree, but the Male by such as are less cultivated.

It is the Produce of the East-Indies. The best Mace is that which is oily, soft, and fragrant. The Nutmeg should be found, hard, and heavy, of a pale Colour on the Outside, and finely marbled within.

The Nutmegs differ according to the Season of gathering, the best are those gathered in April. The Dutch supply us with Nutmegs and Mace, as they do
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with Cloves ; the whole Spice Trade being in a Manner in their Hands.

ARTICLE III.

C I N N A M O N.

Cinnamon is the inner Bark of a large and beautiful Tree which grows in the East-Indies ; the Leaves are like those of the Bay Tree, and of a very fine and spicey Taste, and most agreeable Smell. The Bark, when fresh, has little Taste, it gains a great deal of it's Flavour as it dries. It is the most agreeable of all the Spices ; the finest is that which is in small Quills, of a bright Colour and strong Smell, and of a sharp and biting Taste. Sometimes an Oil is drawn from Cinnamon before it is brought over to us ; then it is very insipid : And often Cassia Bark is sold among it, but that is much inferior in Value ; the Taste is the true Way to judge, for that which has lost it's Oil is less sharp and quick than it should be ; and the Cassia comes to a Kind of Jelly after holding some Time in the Mouth.

The Dutch supply all Europe with Cinnamon, which they have in the Islands of Ceylon in such Abundance that they burn a great deal annually to keep up the Price.

CHAP. IV.

Of the Nature of Foods, and suiting them to Constitutions.

ALthough the pleasing of the Palate be the main End in Books of Cookery, we carry the Consideration in this a little farther. We shall throughout have Regard to the Health as well as the Appetite : For it is of greater Concern ; neither can the other exist

exist without it. If there were any Man so devoted to his Pleasure in eating, that he consulted no other, yet the Care of his Health becomes a Part of that, for if sick he cannot relish his Food.

Constitutions are various, and they require a different Kind of Diet to keep them well. Nature has provided in the same manner a great Variety of Foods: Our Business is to suit these to one another. There is no Way to do this but by understanding both; which we shall endeavour here to explain in a very short Compass.

In general Meat is of the heaviest, Fowls of a lighter, and Fish of the lightest Kind; they are easy of Digestion in Proportion as they are light in their Nature; but on the other Hand they are a richer and stronger Nourishment when they are of a firmer Texture. Thus the richest Foods are the several Kinds of Flesh Meat, though there are some of the Fish kinds extremely nourishing. The Shell Fish are a Class distinct from all the others, and of a peculiar Nature, easy of Digestion, and very nourishing.

This is a general Idea of the Nature of Foods: We are next to enquire into the Differences of Constitutions, for the suiting one to the other. There are two Ways in which the Food is to be suited to the Constitution; the one is for the Recovery of Health; this rather falls under the Consideration of the Physician, however we shall give some Directions concerning it, so far as is consistent with our Plan: The other is for the preserving of Health, and this comes directly and immediately in our Way, and should be one material End in all Works of this Kind.

Constitutions depend upon the Temperament of the Body, and may be divided into four Kinds, with respect to the Effects of Food. These are the *Sanguine*, the *Bilious*, the *Phlegmatick*, and the *Melancholick*. The two first are in some Degree ally'd to one another, and the two other more. This is all the Distinction

Distinction needful for the Consideration of appropriating the Food; and therefore the general Direction will divide Eatables for this Purpose only into two Heads; one Class of them being fit for the Sanguine and Bilious; and other for the Phlegmatick and Melancholick; and these two Classes are to be again divided, according to their particular Kinds, into such as are fittest for the one; and such as agree best with the other of the two lesser Distinctions. The Nature of these several Constitutions is this.

The Person who is *sanguine* has a good Colour in his Cheeks and a moderate Quantity of Flesh upon his Body, and is naturally of an easy Temper and chearful Disposition.

He who is of a bilious Constitution has a more set Colour in his Face, he is thinner in Flesh, and his Temper naturally quick and hasty. These are the two Constitutions which are somewhat allied to one another; the sanguine is the most healthful, and most agreeable, and the bilious is a Fault of it.

The Person who is phlegmatick is of a pale Complexion, moderately fleshy, but the Flesh is not firm, and his Temper naturally sedate; he is dull and inactive, and is the very opposite of the bilious Constitution.

The melancholick Constitution shews itself by a lean Body, and little Colour in the Cheeks; the Temper attending this Constitution is generally a grave and severe Disposition, and the Person is apt to be absent, solitary, and careless.

A Man is most perfectly healthful when he cannot be properly said to be of any one of these Constitutions, but when he is in a middle Degree between them: As that Temper is best which is neither so quick as in the bilious, nor so slow as in the phlegmatick Person; so that State of Body is most healthful in which a Man is neither so red in the Cheeks as in the first, or so pale as in the latter. What is called the sanguine Constitution, when in a moderate Degree, is
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the most healthful ; but it is seldom called by that Name, except when it somewhat exceeds that Degree.

A Man should first acquaint himself with his Constitution, which he may do by this short Account, examining himself according to these Articles ; and when he knows this, he is to manage his Diet in such a Manner as to be continually improving his Health by moderating the Occasions of whatever is redundant, whether Blood, Gall, or whatever. And thus he will escape the murderous Hand of the Physician. The Regulation of the Diet, and the proper Use of Exercise, are the right Restorers of Health ; the Effect of Medicines is too violent ; and with due Care in this Respect they will be rarely needed.



SECTION II.

Of Marketing.

CHAP. V.

A BILL of FARE for the Month of JANUARY.

WE shall divide the particular Bill of Fare for every Month under certain Heads, as we did the general Table of Provisions, and in each enumerate not only what Kind is in Season, but what Parts or Joints are most handsome at Table ; in what Manner they appear best, and with what Additions. We shall begin with the most substantial. Soups are made from this Kind, and are now very proper.

ARTICLE

ARTICLE I.

BUTCHERS MEAT.

Beef is a kind of Standard Dish, and in Season more or less throughout the whole Year. At this Time the Sirloin, or some other good Piece roasted, with Horfe-radish, or the Rump or Ach-Bone boil'd with Greens look well. From the same Source we have also for this time Tongue and Udder. A Brisket of Beef stew'd is also proper.

A Chine of Mutton roasted is also good, or any of the other handsome Joint.

Veal supplies many very good and proper Dishes; as the Loin, Neck, or Fillet roasted; the Knuckle boiled with Bacon and Greens, the Head boil'd in the same manner, or roasted, and Ragouts and Scots Collops.

Of Lamb we have the Leg boil'd with Spinage, or the Quarter.

From the Hog Kind we have the Leg of Pork boil'd with Turnips, and Pease Pudding; and the Pig roasted. There is also Bacon; for that is in Season all the Year, with Greens or Fowls. The Hog's Head collar'd is good; and the Pig collar'd; and the Collar of Brawn is a standing Dish at this Time. Pickled Pork is also in Season, and may be us'd as Bacon, and the Chine with a Turkey.

To the Meat Kind we are to add the Hare in Season now; and dry'd Tongues of various Kinds as Side Dishes.

ARTICLE II. FISH.

Fish in season now are *Carp* and *Tench* from the fresh Water; and from the Salt *Turbot*, *Soal*, *Flounder*, *Plaise* and *Dab*, *Cod*, *Scaite*, *Thornback*, and *Whiting*. There is also the pickled Sturgeon.

ARTICLE III. FOWLS.

Woodcocks, Snipe, and almost all kind of wild Fowl are now in high Season. All the Duck Kind: and from the Yard the Turkey and Chickens, which roasted, with Asparagus, is an elegant Dish.

ARTICLE IV.

GREENS and ROOTS.

Greens and Roots in Season in *January* are *Cabbages* and *Savoys*, *Carrets*, *Parsneps*, *Turneps*, *Potatoes*, *Leeks*, *Onions*, *Garlick*, and *Shallots*; also *Beets* and *Borecole*, and *Cellery*, and *Endive*: These are in the common Ground. From Hot-Beds there are *Lettuces*, and young *Salleting*, as *Cresses*, *Turnep*, *Radish*, *Mustard*, and *Chervil*; *Coriander*, *Tarragon*, and young *Mint*: And there will be *Asparagus* upon the Beds made in November; there are also *Skirrets* the white and red, and purple *Brocoli*, *Salsify* and *Scorzoneria*, *Sorrel*, *Parsley*, *Sage*, *Thyme*, and *Winter Savory*. There are also *Coleworts*, and *Sprouts* from the Cabbage and Savoy Stalks; and finally *Cardoons*, *Spinach*, Leaves of the white and red *Beets* for Soops and other Uses; and *Mushrooms*.

ARTICLE V. FRUITS.

We see the Land and Waters afford plenty of Provisions at this Season, nor can we want Herbs and Roots: Fruit is one of the Articles least numerous at this dead time, yet we are not without a Supply for the Table. There are several excellent Pears in Season now, as the *Lessacherie*, *Colmar*, *Virgoleuse*, *Ambrette*, *Epine d'Hyver*, *St. Germain*, *St. Austin*, *Winter Beurre*, *Citron d'Hyver*, *Roufflette d'Hyver*, *Francreal*, and *Bugi*; the *Rouville*, *Patail*, *Besly de Caiffoy*,

Caiffoy, and the Befe de Cheaumontelle. Thefe are for eating; they keep them on Efpaliers, where they hang longer than on Walls. For baking there are the Cadillac, the black Worcefter Pear, the Englifh Warden, and the Pickering.

Apples in Seafon at this time are the Golden Pippin, Nonpariel, Golden Ruffet, Wheeler's Ruffet, and Pile's Ruffet; the French Pippin, Harvey Apple, Kentifh Pippin, Holland Pippin, Aromatick Pippin, and Kirton Pippin; the Winter Pearmain, Monftrous Rennet, Pear Ruffet, and Aromatick Ruffet; the John Apple, Winter Queening, and Pomme Roy.

Befides the Pear and Apple Kind, there are Nuts, Almonds, Services, and Medlars. Grapes are alfo to be had with proper Care: The Way is to cut the Bunches with a Knot or Shoot, and hang them feperate in a dry airy Room.

Thefe are the Things in Seafon for the Month of *January*. The Houfekeeper fees what ſhe may command, and we ſhall proceed to ſhew her how ſhe is to chufe, and afterwards how to order them.

C H A P. VI.

Of the Art of Markting and chufing Freſh Proviſions.

THE great Number of Articles will neceſſarily render this a long Chapter, but we ſhall ſeparate it into ſeveral Diviſions. We have ſhewn what is in Seafon in *January*, and the Houfekeeper is to conſider what ſhe will purchaſe: the next Care is how to chufe it, for there are good and bad of all Kinds; and if the Proviſion is not good in itſelf, no dreſſing can make it ſo. Thoſe who ſell are ready to impoſe upon the Buyer, ſhe is therefore to be guided by juſt

Rules in every Article, and must trust to her own Reason, not their Speeches.—We shall begin with Butchers Meat.

ARTICLE I.

Of chusing B E E F.

In order to buy Beef, the first Thing is to know rightly what are the Joints and Pieces.

The first Division is into three Parts, the Quarters, the Head, and the Entrails.

The Quarters are two, the *Fore* and the *Hind*; in the Fore Quarter there is the Haunch; this is a large Piece, and includes what may be called four Joints; these are, the *Clod*, the *Marrow-bone*, the *Skin*, and the *Sticking-piece*. Next to the Haunch comes what is called the Leg of Mutton Piece; this has Part of the Blade Bone. Then there are these four, the Chuck-piece, the Brisket, the Fore Ribs, and the Middle Rib. This last is what is called the Chuck Rib. These Pieces compose the Fore Quarter.

In the Hind Quarter there are fewer, but they are much finer Pieces; there are the Sirloin, the Rump, the Thick Flank, the Thin Flank, the Veiny Piece, the Chuck Bone, the Buttock, and the Leg.

After these Quarters may be named the *Head*, which consists of the Cheek, Tongue, and Palate; and the *Entrails*, which are, the Sweat-bread and Kidneys; then the Skirt and Tripe; of these Kinds the Double, the Roll, and the Reed Tripe.

Beef is of three Kinds, *Ox*, *Cow*, and *Bull*. The first is vastly the best, the latter scarce ever brought to Market. As to Cowbeef it's Degree of Goodness depends upon the Age a Cow past Use is fattened and killed, and this is poor; But the Beef of a young Heifer is very nearly as good as that of the Ox. The Housekeeper is therefore to buy Ox Beef, or young Heifer: We shall not advise her to take the Butcher's Word,

Word, but shew how she may know one from the other. In this Article of Marketing to avoid perplexing the Memory, we shall speak only of those Things we have before mentioned as being in Season this Month, and afterwards in the proper Months of the others.

The Grain of Beef is a great Mark ; Ox Beef has a fine open Grain ; Cow Beef a lesser ; and Bull Beef the closest Grain of all. When Ox Beef is perfectly fine, the Lean is of a bright red, the Fat whitish, and the Sewet perfectly white. When this Beef is young, the Fat is soft and oily.

The Lean of Cow Beef is paler than the Ox, the Bones are smaller ; as to the Fat, that is no Mark, for it is rather whiter than in the Ox. To know whether it be young press it with the Finger. In the Heifer Beef the Mark will rise and fill up at once, not so in old Cow Beef.

As to Bull Beef it is of a dark red, and so hard the Finger will scarce press it ; the Fat is gross, and has a strong Scent.

A R T. II. MUTTON.

The Sheep is divided into three Parts like the Ox, the Quarters, the Head, and the Entrails.

The Fore Quarter contains the Shoulder, Neck, and Breast ; the Hind Quarter, the Leg and the Loin ; except when the two Loins are cut together, Saddle-Fashion ; the Head and Entrails are usually sold together, the latter being called the Pluck. This contains the Liver, Lights, Heart, Sweatbread, and Melt.

More Care is required in chusing Mutton than Beef ; for besides that it is of several Kinds, as Beef, according to the Age, Condition, and Sex of the Creature, it is very often distempered. The Rot is a common Disorder in Sheep, and the Flesh of such as have it is unwholesome. To know this, observe the
Colour

Colour of the Meat; the Lean is very pale coloured, and the Fat yellowish, and the whole is loose at the Bone. For trying it farther, let it be squeezed hard, and there will come out some Drops like Dew upon the Surface. To know whether Mutton have not been kept too long, examine in this Manner; seek for the Vein in the Neck in a Fore Quarter, and observe it's Colour; it should be red or Violet coloured; it is always thus when the Meat is perfectly fresh; if it looks yellowish, the whole is going; and if it be green, it is too far gone for Use. The Fore Quarter consists of the Neck, the Breast, and the Shoulder; the Hind Quarter is composed only of the Leg and the Loin, or the two Loins may be cut together; this Piece is called a Saddle of Mutton from it's Shape, resembling a Saddle; and when it is small fat Mutton, this is an excellent Joint. This was the first Kind that was cut so; they now cut the largest and coarsest Meat in that Manner, and it looks very well; to know whether this Part be sweet smell under the Kidney; if any thing be amiss, it will be perceived there. A good Method also is to bend the Knuckle of the Leg; if that be stiff, the Meat is fresh; but if it be very limber, 'tis a very ill Sign.

As to the different kinds of Mutton, the finest is that which feeds upon dry hilly Pastures, where the Air is clear and the Grass short and sweet; this is small and finely flavoured, and the best Age for killing is between five and six Years. Most of the Mutton that is eat, is spoiled by being killed too young.

Weather Mutton is best. The Fat of this is white and firm, and parts easily from the Lean; and the Lean is of a fine Red and a proper Firmness, neither so hard as not to give Way under the Finger, nor so soft as to wrinkle upon being touched; the best Mutton is that which feels tender and somewhat firm, and that when dented with a Finger quickly rises again. Ram Mutton is like Bull Beef, but it is oftener sold; the Lean is very red and of a rough Grain, and the Fat is spungy.

The

The longer Mutton is kept, provided it be sweet, the better, especially a Leg.

A R T. III. *VEAL.*

The Calf is divided, like the Sheep, into the fore and hind Quarters, the Head and Entrails. The fore Quarter contains, in the same Manner, the Shoulder, Breast, and Neck, and the hind Quarter, the Leg and Loin: But the Leg is usually divided into two Parts, the Fillet and the Knuckle.

The Head is split, and sold entire, and in halves. The Entrails are very fine; all together they are called the Pluck, but they are sold also separate; they are the Heart, Liver, Lights and Milt, the Skirts, and the two Sweet-Breads.

As to the Choice, first observe that the Bull-Calf, and Cow-Calf differ, the latter being much the finest: Then besides this natural Difference, there is a great deal owing to the Artifice of the Feeder and the Butcher; for they use more in Veal than in any other Article.

The Bull-Calf has a firm, reddish, and somewhat larger Grain, and the Fat is wrinkled: The Flesh of the Cow-Calf is whiter, evener, and of a finer Grain, and the Fat smooth.

They wrap up the Veal in Cloths to whiten it, and therefore the Buyer must smell if it be not musty.

Veal taints sooner than any other Meat, therefore she must see that it be not going when bought, for then it will soon be gone. The Loin taints under the Kidney, and the Neck and Breast at the upper Part, this is the Place therefore to be examined. The Rules laid down for Mutton hold also here, the ruddy Colour of the Neck Vein, and the Stiffness of the Knuckle Joint, are Proofs of Freshness. When there is a blackish or greenish Look on any Part, it is surely going. Good Veal, if ever so young, has a proper Firmness, when it is soft and flabby it is decaying. The Sweet-Bread is always good when it is firm and dry, when it is flabby and clammy it is spoil'd. For

For the Choice of a Calf's Head examine the Eyes, if they be plump and lively it is fresh, if sunk in or wrinkled it is gone.

A R T. IV. *L A M B.*

Lamb is divided in the same Manner as Mutton, into the fore and hind Quarters, the Head and Entrails; but under this last Head there is some Distinction. The fore Quarter is the Neck, Breast and Shoulder, which are usually roasted together, the Quarter being considered as a Joint. In the hind Quarter are the Leg and Loin, but they are often separated. House Lamb is in high Season this Month. The Head and common Entrails are usually sold together, under the Name of Head and Pluck, or Head and Appurtenances. But there is the Fry also; this is composed of the Lamb-Stones, Sweetbreads, Skirts, and the finest Part of the Liver. Lamb is to be chosen as Veal; the Quarters by the Sweetness under the Kidney, and Freshness of the Neck Vein, and by the Firmness of the Knuckle Joint. The Head is to be chosen by the Eyes, as the Calf's; and the Entrails by smelling.

A R T. V. *P O R K.*

We have observed that the Hog is to be considered in three Conditions; for Bacon, the Porker, and the Sucking Pig. We shall hereafter treat of the Bacon Hog and of the Pig separately, we here speak of the Porker.

This is divided as the others into the fore and hind Quarters, the Head and Entrails; but there is great Difference in the cutting up of these; in the fore Quarter there is the Fore-Loin and the Spring; and where the Porker is large they cut a Spearrib. The hind Quarter consists of the Leg and Loin. The Head is like the Hog's, and is frequently soured; the Entrails
are

are numerous, and several of them together are called the Haslet; this properly consists of the Liver and Crow, and the Kidneys and Skirts, rolled up in the Caul. The Chitterlings are also to be counted among the Entrails, and the Guts which serve for Sauzages.

The Age of the Porker is a great Article, for if it be too old the Meat is bad; but there is a farther Caution also necessary, the same as in Mutton, for the Porker, like the Sheep, is subject to Disorders, which render the Meat unwholesome. We shall shew how to chuse it so as to avoid both Faults.

When the Porker is young, the Skin is tender, the Fat fine and smooth, and the Lean soft and moist. When this is harsh, the Fat firm, and the Skin hard, it is old.

When there are a great Number of small Kernels in the Fat, the Creature has been distempered; this is nearly rotten, and should not be eaten, for it is unwholesome.

One Thing in particular makes the Pork bad, that is when the Hog has not been gelt till he was grown up. This should be done while they are very young, and the Flesh is then always fine and tender; the Flesh is otherwise harder and reder than of the right Porker, and has a very disagreeable Rankness. The Skin of this Sort of Pork is thicker, tougher, and coarser than that of the other, and does not join so closely to the Flesh.

To know whether Pork be fresh we judge in the same Way as in other Meats, by the Sweetness; it taints first at the Bone that comes out in the Hands and Legs, and if one thrusts a Finger in there it will be sure to make a Discovery on smelling when taken out. When it grows stale also, the Skin is damp and flabby.

A R T. VI.

Of the B A C O N H O G.

The grown Hog is divided differently from all other Beasts, because of the Bacon, and other particular Uses, as Ham, pickled Pieces, and the like.

The principal Pieces for eating fresh are three, the Spearrib, the Chine, and the Griskin; the principal Entrails are called the Liver and Crow, which are good fried, and the Feet and Ears are good souced; the rest is as the Porker, and need not be repeated.

As to the Choice of the fresh Meat it is altogether the same as that of Pork; but there are particular Ways of judging of Bacon.

When it is good the Flesh sticks close to the Bones, and the Fat and Lean stick close to one another. If this be not the Case it is bad, and 'tis suspicious that the Hog was not sound.

The next Care must be, that the Bacon be not rusty, nor tending to it; to find this, examine the Fat that lies next to the Rind, if that be dusky it is bad, for it should be as white as any other Part; the Lean also should be red and firm; when it is soft and pale the Bacon is getting rusty.

A R T. VII. *Of P I G.*

We have done with those Meats that are cut and separated into Joints, and come to Animals sold entire.

The roasting Pig is not divided at all, and very little is to be said as to it's Choice; it should be young, fat, and newly killed; it is not like other Meats that are good as long as they are sweet, the Pig loses Part of it's Goodness every Hour after it is killed; to be in Perfection it should always be killed in the Morning to eat at Dinner.

ART.

A R T. VIII.

Of the H A R E.

The Hare is considered in two Lights, in Respect of it's Age, and it's Freshness.

The Age distinguishes it into two Kinds, the Leveret and Hare, and it may be thus known.

Feel the fore Legs, and there will be found a Knob on each in the Leveret, which comes out in the grown Hare; observe the Cleft of the Lip, if it be small and close 'tis a Leveret; if wide, large, and spreading, 'tis an old Hare. Next examine the Ears, if they tear easily the Hare is young; if they be tough it is an old one. Lastly, look to the Feet, if the Claws be close and smooth 'tis a Leveret; if far apart and ragged the Hare is old. These Rules will never fail.

As to the Freshness it is thus known; if the Body be stiff and the Flesh pale, it is newly killed; when the Flesh is blackish, and the Body limber, it is growing stale; but 'tis never bad till it smells.

A R T. IX.

Of the R A B B I T.

The Rabbit is like the Hare in Shape, and it is to be examined in the same Manner; it's Goodness depends upon it's being young and sweet.

To know the Age, examine first the Fur, if that be delicate and lie smooth, it is a Sign of Youth; if it be rough and staring, 'tis suspicious the Rabbit is old. Next look to the Feet, if the Claws be short and smooth it is a young one; if they be long, and especially if they be rough and ragged, there is no Doubt but it is an old one.

To judge of the Freshness, first smell that it be not musty ; then see that the Flesh be white, clean, and dry, and the Joints stiff; when growing stale, the Joints become limber, and the Flesh damp and flabby.

C H A P. VII.

Of Store Dishes, and the Manner of chusing them.

UNDER the Denomination of Store Dishes, come those Articles of the Flesh or Fish kind, which are kept in the House to be ready on all Occasions. Some of these can only be bought, because we have no Opportunity of making them, as Sturgeon and the like; others may be either bought or made, as Hams, some being foreign and others English. We shall hereafter deliver the Method of making such as can be prepared at home: In this Place we are following the Directions given in the last Chapter for chusing fresh Provisions, with such as are proper for these. This Section treats only of Marketing.

A R T. I. *Of S T U R G E O N.*

Sturgeon is a vast Fish, sometimes brought fresh to Market, but most usually pickled; it is not comparable when fresh to what it is when well pickled, but we have a great deal that is very poor, and of little Flavour. To chuse it, see that it be firm and of an even Grain; to try this, cut it evenly through with a sharp Knife, if good it cuts tough and firm, and seems a little oily: if bad, it will break and fall into Pieces, and feel harsh and brittle. The Colour also is a good Rule for judging; it should be white, with here and there a blue Vein, and the Gristles blue; such as is brown or yellow is bad. Finally, a good Way of knowing its Value is by the Skin; when Sturgeon is
fine

fine this is tender, well-colour'd, and feels soft; but when it is harsh, tough, and dry, 'tis an ill Sign. The Smell of Sturgeon also shews its Goodness, for when perfectly fine, it has a light pleasant Scent; and when bad, it is rank, heavy and disagreeable. There is no Article that requires more Care and Nicety in the Choice than Sturgeon, for when perfectly fine, it is one of the most delicate Fish in the World, but when it is at all defective, 'tis very poor, and often quite disagreeable.

A R T. II.

Of PICKLED SALMON.

Three Things shew the Goodness of Pickled Salmon; First, the Brightness of the Scales and their sticking fast to the Skin. Second, the Firmness of the Flesh; and, third, its fine red Colour. When the Scales rub off easily, and have a dull Aspect, the Fish has been bad when pickled; and if the Flesh be whitish, crumbly, and break in little rough Flakes, it has been ill pickled, or in a bad Season. When Salmon is perfectly fine, the Flesh always is glossy, and as it were oily, and it parts in large regular Flakes, with a delicate and lively Colour.

A R T. III.

Of PICKLED HERRINGS.

The Goodness of a Pickled Herring is known by the Colour of the Bone and the Texture of the Flesh: To try them, let them be cut open to the Back; if the Flesh be mellow, soft, and oily, and of a good clear Colour; and the Bone looks clean, and be either white, or of an agreeable red, they are good. If the Flesh be dry, and the Bone looks muddy, they are bad.

A R T. IV.

Of RED HERRINGS.

Red Herrings are known to be good by their Colour and Smell; they should be of a bright, clean, yellowish Hue, and look glossy: The Smell should be brisk and pleasant, and when cut open, the Flesh should easily Part from the Bone. When they are of a dull Colour they have been ill kept, and when the Bone will not separate they are never good.

A R T. V.

Of SALT COD.

The Cod is known to be good, in some Degree, like the others already named; the Flesh is to be mellow, soft, yet firm and oily; and the Bone is to separate easily. These are the great Marks of Goodness; the Flesh should break naturally in large and handsome Flakes, and must not look harsh: the Backbone must come away freely, and the Colour of the Flesh must be a clean good whitish: The Smell also assists in judging, for when it is rank it is never good. The larger and sounder the Flakes, always the finer and more delicate the Fish.

A R T. VI. *Of LING.*

Ling is to be chosen by its Thickness and Colour, that which is thickest about the Head is best; and the true Colour is a fine pale yellow: It should have a soft even Skin, and part from the Bone regularly; and there should be some Mellowness in the Flesh. When the Skin is rough, and the whole Fish very hard and dry, it is not good. These Rules will serve also for judging of all Kinds of salted Fish whatsoever.

A R T.

A R T. VII. *Of HAM S.*

All Hams are so far of the same Kind, that they are made in the same general Manner, and are liable to the same Defects ; so that one Rule will serve for judging of them all. The Faults of Hams are to be tainted or rusty ; this is to be tried by running a Knife into them. Let a Carving-Knife with a sharp Point be thrust deep into the Middle of the Ham, on the Inside under the Bone, and observe how it comes out ; first smell to the Hole, and if there be an ill Scent at it, the Ham is altogether bad : If the Knife come out clean, and the Flavour on smelling to it be fine, the Ham is perfect : But if it be daubed and smell rank, it is a Proof that the Ham is damp and tainted within. Feel also that the Ham be dry, and that the Flesh stick to the Bone.

A R T. VIII. *Of BRAWN.*

No Brawn is fine but what has been made from a young Boar ; if he be old it is too hard, and if a Barrow or Sow were used instead of a Boar, the Brawn never has due Firmness. Examine the Rind, if that be firm it is Boar Brawn : but if it be too hard the Boar was over aged, and it is not so good. A very thick Rind also shews it was an old Boar, and a very soft Rind that it was Sow or Barrow Brawn, which is always vastly inferior.

S E C T. III.

Of Cookery.

THE Mistress of a Family has now seen what Provisions are in Season, and how she is to chuse them. We suppose them bought, and good in their Kinds, and are to enter upon the main Subject of this Work, the dressing of them. In all Studies it is the regular Practice to begin with the plainest and easiest Things, and from these to arise to such as are more difficult. We shall follow the same Method here, first treating of Roasting and Boiling, and thence leading the Cook to the most elegant and difficult Made Dishes.

C H A P. VIII.

Of Roasting.

Cleanliness is the first Article in all Cookery; this let the Beginner keep always in her Mind, and for the first Preparation toward roasting, let the Spit be clean.

It must be properly cleaned, that is with harmless Things; some rub their Spits with Brick Dust to get off the Dirt; and others grease them with Oil to keep them from rusting. Neither of these is to be allowed, for they give a Taste to the Meat.

Let the Spit be cleaned with Sand and Water, nothing else. When it has been scowered thus, let it be well washed with fair Water, and dried with a clean Cloth; this is true Cleanliness, and is the first Instruction toward roasting.

The Fire is to be prepared as well as the Spit ; and for this two Things are to be regarded, that it be made up in Time, and that it be proportioned to the Service.

The Chymists talk of their several Degrees of Fire, but the Cook has more Need to regard them. The same Fire that will roast a Sirloin will parch up a lighter Dish.

If the Thing to be roasted be thin and tender, let the Fire be little and brisk ; when a large Thing is to be roasted, let there be a sound good Fire made ready.

Let the Cook see that her Fire be all the while clear at the Bottom ; let her give it a gentle Stirring before she lays the Thing down ; and when it is half done let her remove the Spit and Dripping-pan back, and rouse it up thoroughly, that it may brisk up for the finishing with Spirit. When the Steam from the Meat is drawn toward the Fire, 'tis a Sign it is near done.

This is all that need be said of Roasting in general. We shall deliver the particular Rules for separate Things under these several Articles.

ARTICLE I.

Of ROASTING of BEEF.

The Fire being proportioned to the Piece to be roasted, the time will be different in some Measure according to the Season. The same Piece will be twenty Minutes or half an hour longer roasting in frosty Weather than in Summer.

In general the Time will be thus proportioned to the Quantity : a Piece of ten Pounds will take an Hour and a Half ; one of twenty Pound Weight three Hours ; and so in Proportion : But the thicker the Piece is in proportion to its Weight, the longer it must be down. This difference is proper to be regarded, but it is but little.

The Top must be paper'd : it must be well basted all the time it is doing ; and sprinkled with a little Salt. When it is near enough done, the Paper must be taken off : and then it must be carefully basted, and a little Flour lightly sprinkled over to make it froth.

The proper Garnish for Roast Beef is Horse-radish clean and fresh, and fine scrap'd.

ARTICLE II.

Of MUTTON.

Some Difference is to be made in the Roasting of Mutton, according to the Joint. If it be a Loin, a Saddle, or a Chine, which is the two Necks together, it must be papered in the same Way as Beef, but the other Joints need not.

As Beef requires a large found Fire, Mutton requires a brisk and fierce one : It is never well done unless it be quick and clear.

A great Error in roasting Mutton is the using too much Flour when it is basting. This clogs up the Pores of the Meat, and robs it of the finest of it's Flavour. A little should be us'd ; but Moderation is the Rule.

A very good Way of roasting a Loin of Mutton is in the Manner of the Breast, skinning it, and roasting it brown without Paper.

As to the Time : a Leg of six Pound will take an Hour at a quick Fire ; one of nine Pound an Hour and a Half. A small Saddle will take an Hour and a half, a large one should be three Hours down by Way of preparing it. A Shoulder, according to its Weight, takes about the same Time with a Leg, if any thing a little less. A Neck, when large, requires an Hour, when smaller less Time.

ART. III. *VEAL.*

In Veal a particular Art is required to roast it brown. The Fire must be the same as for Beef in Proportion : A sound large Fire for a large Joint, and a brisk one for a smaller. When the Loin or the Fillet are roasted, the Fat must be paper'd to preserve it. The Breast must have the Caul over it to preserve it, and the Sweetbread must skewered on to the back Side.

Let the Joint be at some Distance from the Fire to soak thoroughly, and then draw it near to finish it brown.

When it is first laid down it is to be basted with butter, and when it is near enough it is to be basted again, and lightly drudged with a little Flour ; this will froth it up. The Caul is to be taken from the Breast when it is near done, and it is to be frothed and browned up where it was covered, as other Joints.

A Joint that weighs six Pounds requires an Hour and Half to do it properly, for it must not be burnt up before it is soaked through. A thick Joint of twelve Pounds will require three Hours ; but if thinner, the Time must be less in Proportion.

ART. IV. *Of LAMB.*

Lamb is a delicate tender Meat, easily spoiled in the dressing ; but none shews a good Cook more, or looks better when done well. As all Pieces of Lamb are small and delicate, the Fire must be little and brisk ; it must be papered on the Outside, and basted with Butter ; Half an Hour will dress any Joint of it singly, unless the Leg, and that being a little thicker requires three Quarters ; an Hour will be required to a small fore Quarter, but when it is large it will take an Hour and Half. The Fire must be kept clear all the while.

A R T. V. *Of P O R K.*

More is to be said about the roasting of Pork than any other Meat; and we shall acquaint the common Cook that several particular Rules are to be observed about it.

In the first Place, let her take particular Care it be enough done; other Meats are unpleasant when not enough, but Pork is unwholsome: The best Rule about Time is, that a Piece of eight Pound requires two Hours, or if it be thick somewhat more.

When a Loin is to be roasted the Skin must be first lightly scored cross-wise, to make the Crackling better. When a Spearrib is roasted, let some Sage be shred small, and as it is basted with Butter and a little Flower the Sage is to be sprinkled over it.

A Leg is more common boiled, but managed as it should be, it is excellent roasted: The Way is this, let it be parboiled first; when taken out of the Pot let it be skinned, and then basted with Butter as it roasts; and instead of shred Sage alone, let there be a Mixture made of Sage, Pepper, Salt, Nutmeg, and Bread-Crums, and let it be sprinkled with this from Time to Time as it roasts. Apple Sauce is common with the Spearrib, and some stuff the Knuckle of the roasted Leg with Sage and Onion, Pepper and Salt, but this which they call a Mock-Goose is a coarse Dish; the best Way when a Leg of Pork is roasted in this genteel Manner is, to put a little made Gravy into the Dish with it, and the Crums that fall off into it will make Sauce with that.

The Spring is commonly boiled, and the Griskin broiled, but they are both much better roasted. The Spring should be roasted like a Pig; but young Pork is best for this Use. When the Griskin is roasted a Mixture of Sage, Pepper, Salt, and Crums of Bread, is to be made, and the Meat is to be basted with Butter, and sprinkled over with this as it is doing. Nothing should be eat with this but Mustard.

CHAP,

C H A P. IX.

Of Boiling.

BOiling is the Dressing Things by Means of Water, as Roasting does it by the naked Fire; this is the whole Difference, but in general Boiling is the easiest Way, as it requires less Nicety and Attendance. To keep the Water really boiling all the Time, to have the Meat clean, and to know how long is required for doing the Joint, or other Thing boiled, comprehends almost the whole Art and Mystery. There are a few other Rules relating to particular Things, which we shall deliver in their Places.

A R T. I.

Of Boiling B E E F.

We have named what are the general Cautions to be observed in boiling, and we shall explain the principal of them in a few Words under this Article.

Beef is sometimes boiled fresh, and sometimes salted; and this makes a necessary Difference. When it is fresh, it is to be put into the Water when it boils; but salt Beef must be put into the Water cold, and so set on.

Care must be taken that the Water really boils up all the Time it is doing, otherwise the Cook will be deceived in the Time. As it boils there will rise a Scum to the Top of the Pot; this is partly the Foulness of the Beef, and partly of the Water. It must be carefully taken off, and on this depends the greatest Nicety in all boiled Things; the oftener it is scummed, and the cleaner the Top of the Water is kept, the cleaner will be the Meat; for if let alone it soon boils down, and, getting into the Water again, sticks

sticks to the Meat, and gives it a coarse, slovenly, and dirty Appearance. As to the Time required for the boiling of Beef, a Piece of twelve Pounds will require three Hours, and so a larger or smaller Piece must be allowed Time in Proportion from the biggest to the least; a Quarter of an Hour for every Pound of Meat is a good Allowance.

A R T. II.

To Boil V E A L.

Veal being more easily discoloured than Beef requires greater Care in the boiling; let the Water be clean, the Pot clean, and the Fire good and clear. A sufficient Fire should always be prepared at first, not to be always mending it.

Let the Veal be put into the Water cold, and begin to reckon the Time from it's first coming to boil. A Piece of eight Pounds requires two Hours to boil it, and the others in Proportion, adding a Quarter of an Hour for every Pound more, or taking a Quarter away for every Pound less. Let the Pot be carefully scummed all the Time Veal is boiling, and let nothing be boiled with it.

A R T. III.

To Boil M U T T O N.

Let the same Caution be observed as in Veal, for the Delicacy of all boiled Meat is to come clean to Table. The Time required for a Piece of eight Pounds is two Hours, as in other Meats, and the Time is to be more or less according to the greater or lesser Weight, as on the other Occasions.

When the Cook knows what Time is required, according to the Size of the Joint, her great Care should be to make up a Fire accordingly, that will last just so long without mending, or without much stirring.

A R T.

A R T. IV.

To Boil H O U S E - L A M B.

All Cooks see the Necessity of sending boiled Meat clean to Table, but they take wrong Methods; the common Way with Lamb is to wrap it up in a Cloth, but this smothers it, and the Meat never has either it's true Flavour or Colour. Let the Cook observe the Directions we have given for boiling in the other Articles, and she will not fail in this, without the Cloth.

Let the Fire be a sound, good, and clear one; let the Pot be large and the Water clean, and enough in Quantity; then put in the Lamb cold, and set it on. In this Case there will rise very little Scum, and that will be easily taken off. As to Time, the same is required as for Veal or Mutton, and the Lamb will come out of the Pot as white as Snow, and will have a Colour and Flavour that it never has when muffled up for Fear of Dirt; the best Way is to keep out all Dirt, not to defend the Meat against it.

'Tis singular that almost all Meats require the same Time in Proportion to their Quantity for boiling. Lamb takes very nearly as much as Beef, a Quarter of an Hour for every Pound is the general and proper Allowance.

Common Cooks don't know how to imagine this, and they are therefore commonly mistaken about Lamb; they know the Time a Joint of Mutton, or a Piece of Beef would require according their Sizes, and they allow the Lamb less. This is the Reason that one scarce ever sees a Leg of Lamb that is not rere at a common Table. Better Cooks know better.

C H A P. X.

Of Broiling.

BRoiling may very well be considered as an additional Article to Roasting. It is of the same Kind, the naked Fire being used, and the Difference being more in the Instrument than any Thing else : It is one of the smallest Articles in Cookery, but we propose to omit nothing. The Advantage of Roasting above Broiling is plain, because it is out of the Way of the Smoak ; whereas broiled Things are exposed to it, if there be ever so little. It is for this Reason that most of those Things we usually broil, eat better roasted : However, as there are some real Uses of this Way of Cookery, and some very good Dishes prepared by it, we shall here give the needful Directions of doing it well, as on the other Occasions. Cleanliness is as essential here, as in any Article of Cookery : and the briskness and clearness of the Fire is half the Matter ; it depends upon four Things, a clear Fire, a clean Gridiron, a quick Eye to watch, and a ready Hand to turn. Very frequent turning is necessary to some Things, and very little to others ; this we shall shew under the several Heads : But the great Article is to watch the Time of their being properly done.

As the having Things hot that are broiled is a great Article of their Value, the Cook should always set a Dish to heat as soon as she lays on the Thing to broil ; and she must never hasten in any Manner any thing whatever that is broiling, it only makes Smoak and a mischievous Flame. These are all the general Directions needful to broiling. We come now to the Particulars.

ARTICLE

A R T. I.

Of Broiling B E E F - S T E A K S.

Let the Steaks be cut about half an Inch thick; sprinkle them over with a little Salt and Pepper, and set a Dish over a Chafing-dish of Coals to be ready for them; put a clean Gridiron upon a brisk Fire, and lay on as many as it will conveniently hold, not to crowd it. When properly laid on, let them remain without turning till done on one Side, for Beef Steaks require least turning of any broiled Thing whatsoever. Often turning them only wastes their best Gravy. When they are thus done on one Side, let them be carefully turned, and there will soon rise up a fine Gravy on the other; let them lie till they are enough, and then take them carefully off, without spilling the Gravy, for it is the very best Thing in the Dish. This is the Way of broiling them plain. Some who love a high Flavour with every Thing, shred a few Shallots and put into the Dish where the Steaks are to be laid on.

A R T. II. *MUTTON CHOPS.*

There is a great deal of Difference in the broiling of these, from the Practice we have advised for the other. As Beef Steaks must be kept on with little turning, for Fear of wasting their Gravy, Mutton Chops must be often turned because of their Fat.

Let the Chops be moderately thick, and the Skin taken off; place a clean Gridiron at a little Distance above the Coals of a very clear Fire; strew some Salt over the Top of the Fire, and lay on the Chops; have a Dish upon a Chafing-Dish of Coals ready to receive them, turn them often, and when they are well browned and frothed, send them up hot a few at a Time.

A R T. III. P O R K S T E A K S.

Let the Fire be extremely clear, and the Gridiron raised a little above it, lay on the Steaks and turn them frequently ; let them be soaked before they begin to brown, then finish them up as the Mutton.

A R T. IV.

To Broil a P I G E O N.

Lay the Pigeon whole upon a small clean Gridiron, and turn it frequently without pricking it, let it soak a little at first, then crisp and brown it up, and it will be very fine and full of Gravy.

C H A P. XI.

Of Frying.

AFTER broiling we are to mention frying, though little need be said about it. It is a coarse and greasy Kind of Cookery, in Fashion in the Country, where there are great Appetites and strong Stomachs, but is at present entirely left off in genteel Families, except for nice Things, and in a particular Manner ; these we shall shew how to dress in their proper Places, but we here treat only of plain frying. As nothing shall be omitted that can be useful to a Servant in any Rank or Condition, we here give the Rules for doing this. Frying Meat answers the Purpose of broiling, but not so well ; the Heat of the Dish is a great Matter, so that there must always be a Chafing-dish of Coals ready to set it over, that the Meat may be put into it hot. Let the Frying-Pan be clean, and the Fire brisk and clear, for Smoak will get in if there be any.

A R T. I.

To Fry S T E A K S.

Let the Steaks be cut thinner than for broiling, and when a Dish is set over a Chafing dish of Coals, shred an Onion into it with a very little Water; put a Piece of Butter into the Pan, and when it is melted put in the Steaks peppered and salted; when done a little, turn them, and repeat this as Occasion requires. Finally, add a very little Flour, and then put them into the Dish. Some fry the Onion with the Steak, but this makes it stronger. Many other Things are fry'd, but all in the same Manner; there is one particular, and that we shall, for this Reason, give separately; this is Tripe.

A R T. II.

To Fry T R I P E.

First make a Mixture of grated Bread and Yelks of Eggs tolerably thin, then cut the Tripe into Pieces of the Bigness of one's Hand, set a clean Frying-Pan over the Fire, when it is ready put the Pieces of Tripe into the Egg and Bread, and cover them over with it; then put them into the Pan, and turn them as there is Occasion; they will at length be of a very fine brown; take them carefully out of the Frying-Pan, lay them upon a Dish warmed for that Purpose, and drain them well; then put them upon another clean warm Dish, and send them to Table. Send up Butter and Mustard mixed in a Cup for them.

C H A P. XII.

Of Baking.

BA K I N G is one of the least considerable Articles in Cookery, but yet it deserves a Place in such a Work as is intended to be compleat upon the Subject.

As to the baking of Pies and Puddings, that will be directed under those several Heads. The Quickness or Slackness of the Heat is the great Article, and as that is proper for each Kind, it will always be named. We are here to mention it as a Manner of dressing Meat without any covering of Crust; and we shall give two Instances in which it succeeds extremely well.

I. *To Bake a L E G of B E E F.*

Put into a large and strong earthen Pan a Quart of good stale Beer; put to this two Onions with Cloves stuck in them, half a dozen in each, a Spoonful of whole Pepper, two Blades of Mace, and a Bundle of small Herbs.

Chop and hack to Pieces a Leg of Beef, and add as much Water as will serve to make the Liquor enough to cover it.

Rub a Piece of brown Paper over with Butter, tie the Pan down with this and send it to the Oven, with Orders that it be very thoroughly baked.

The Gravy that comes with this may be strained off, and it will serve for all Kinds of Soups, thickened with a Piece of Butter rubbed in Flour. When this Gravy is ready in a House, a Soup may be made at any time in a few Minutes. Some eat the Leg of Beef as it thus comes from the Oven, and it is that Way a very good Thing; but let it be dressed up in the following Manner, and it becomes a very elegant Dish.

Strain

Strain off the Liquor from the Meat when it comes Home from the Oven, and keep it for Soup and other Uses. Pick the Fat and the Sinews out of the Meat, put it into a Saucepan with a Quarter of a Pint of the Gravy, and when it is hot add a Glafs of red Wine and a Piece of Butter rolled in Flour and a little Mustard ; shake the Saucepan about as it heats, and when hot and thick send it to Table.

2. *To Bake a P I G.*

Butter the Bottom of a Dish well all over, then flour the Pig all over, and rub it over with Butter ; send it to the Oven without any other Addition, and when it is to be drawn out have a Quarter of a Pound of Butter in a coarse Cloth, rub it with this all over while it is hot, and then put it into the Oven again for a few Minutes ; this will dry it ; then take it out and lay it in another Dish.

Cut up the Pig in the Dish, and pour the Gravy that runs, into a Saucepan ; add to it Half a Pint of Veal Gravy, and the Fat that is in the Dish wherein the Pig was baked ; put in a Piece of Butter rolled in Flour, and this with the Brains and Sage in the Belly makes a very good Sauce. Many prefer a Pig, thus dressed, to one roasted ; but there is always a Taste from the Closeness of the Oven.

C H A P. XIII.

Of Sauces.

IT is to little Purpose that a Servant knows how to roast and boil if she cannot make the common Sauce that is to be sent up with her Meat or Fowls. We shall here give the several Kinds most generally used ; and, in the succeeding Numbers, we shall enlarge greatly upon this Head.

ART.

1. *Egg Sauce.*

Boil four Eggs hard, chop them fine, and put them into a Bason; melt some Butter very thick and fine, and pour it upon them; stir them up together and the Sauce is made.

Gravy should be put in the Dish when the Egg-Sauce is sent up in a Bason. We have shewn the Method of making this before.

2. *Mushroon Sauce.*

Pick a Pint of Mushrooms very clean, wash them, put them into a Saucepan, and put to them one Blade of Mace, a little Nutmeg, and a small Pinch of Bay Salt; add a Pint of Cream and a good Piece of Butter rolled in Flour; set them on a gentle Fire and let them broil some little Time, keeping frequently stirring them; when they are enough lay the Fowl in the Dish, pour this Sauce in, and garnish with Lemon.

3. *Celery Sauce.*

Set on a Saucepan with a Pint of Water, pick and wash a Bunch of Celery, cut it into the Water in thin Slices, and let it stew till it is tender; then add one Blade of Mace beaten to a Pap, grate in a little Nutmeg, and add a small Quantity of Pepper and Salt. Let these stew a little together, then put in a good large Piece of Butter rolled in Flour, and stir it about as it melts, let it boil up together, and then put it into the Dish. It is good with Fowl, Turkey, or Partridge.

There is another Way of making Celery Sauce with Cream, which we shall shew in a succeeding Number.

4. *To draw Gravy.*

Lay a small thin Piece of Bacon at the Bottom of a Stew-pan, cut a Pound of Beef, Veal, or Mutton, very thin, and lay it upon the Bacon; cut a Carrot to Pieces and sprinkle over it; set it on the Fire, and let it stew two or three Minutes alone, covered: Then pour in a Quart of boiling Water, and add an Onion chopped to Pieces, a Bundle of sweet Herbs, Half a Dozen Pepper Corns, and a Couple of Blades of Mace: Last of all, add a Crust of Bread well toasted, and cover it up. Let it stew some Time over a slow Fire, and when it is enough, throw in a Piece of Butter rolled in Flower, then season it with Salt, and strain it off.

We shall frequently mention Gravy in the made Dishes of this and the succeeding Numbers, and this Way it is to be made from any Kind of Meat, according as directed in the particular Dish.

5. *To melt Butter.*

There is more Nicety in melting Butter well, than is commonly imagined, and nothing is more vexatious than to have it ill done. Cleanliness and Care are the two great Articles.

A Silver Sauce-pan is fittest for this Purpose: When the Cook has not that, let her take Care what she uses be well tinned. Then put into it a Spoonful of cold Water; shake in a little Dust of Flour, and add the Butter cut in Slices that it may melt readily; shake it round frequently, but always one Way, otherwise it will oil: When the Butter is all melted let it stand quietly and boil up: This will make it smooth and fine. Fresh Butter melts better than salt; and the less Flour the better, so it just thicken the Water.

C H A P. XIV.

Of SOUPS and BROTHS.

BROTHS and Soups differ in their Degree of Strength, and in the Number of their Ingredients; and Soups are richer and have more. We shall treat of these severally, beginning with Broths, as the more familiar and easy, and as they naturally lead to the Art of making the others. But before we enter upon either, it will be proper to give some general Directions.

In the first Place, take Care that the Greens and Herbs of every Kind be perfectly well cleaned, and to them proportion these and the other Ingredients in due Manner one to another, that no particular Taste is stronger than the rest; the Art in this is to make a fine, mixt, and nice Relish from them all, and that only can be done by preventing any one Taste from prevailing over the rest.

See that the Sauce-pan or Pot be perfectly clean, that it does not want tin in any Part, and there be neither Grease left upon it from the last Time it was used, nor Sand from the Scowering.

Proportion the Water that is put in to the Quantity of Meat and Ingredients, regarding the sort of Fire you intend to use, for that must give the Rule. If you intend to have a brisk Fire, and to boil them thoroughly, then a great deal more Water must be put in than you intend to have Broth; but if it be to stew gently, then little more Water need be put in at first than is expected at the End; for when the Saucepan is covered close, and the Fire gentle, very little is wasted.

In most Cases this gentle Way of stewing is best, for both the Meat and Soup eat the better for it; but there is no Rule universal. There are some Broths which

which must be boiled briskly, as we shall shew under their particular Heads.

1. *Mutton Broth.*

Cut a moderate Neck of Mutton in two, put the scrag End into a small Pot with five Quarts of Water, let it boil well, and skim it for some Time, then put in an Onion, a Bundle of Sweet Herbs, and a Crust of Bread; Let these boil together an Hour, and then put in the other Half of the Mutton, and with it a Couple of Turneps, some Marygolds and some chopped Parsley. If more Turneps are to be boiled, do them in a Saucepan by themselves, otherwise they will be too strong in the Broth for the other Ingredients. Let it boil till the Mutton is enough, just seasoning it with a little Bay Salt.

2. *Pease Soop.*

Set on a large Pot with three Gallons of Water, put in four Pounds of lean Beef from any coarse Part chopt to Pieces, add Half a Pound of Bacon, a large Bunch of Mint, a Bundle of sweet Herbs, and a Quarter of an Ounce of whole Pepper. Let it boil an Hour, then put in a Quart of split Pease, and the green Tops of a large Bunch of Celery: Let all these boil together an Hour more, then strain off the Liquor, put it into a large Saucepan, and put to it five Heads of Celery, cover it up, and let it boil till there is but about three Quarts of it remaining.

While these are toward the End of their Boiling, cut some Bread into small Dice, and some Bacon in the same Manner, throw these together into a Stewpan, and fry them till they are brown; put these together into the Soop Dish, then season up the Soop with Salt, and pour it in; rub a little dry'd Mint into it, and send it up to Table.

C H A P. XV.

*Of Gravy, and Force-meat Balls.*1. *To Make Gravy.*

CUT a little Thyme, Sweet Marjoram; and Winter Savoury, but not very small, cut an Onion into moderate Pieces, and mix with them; then add two Blades of Mace, four Cloves, and some whole Pepper; mix all these together: Toast a Piece of Bread very brown, and cut a small Carrot into four Pieces by splitting.

When this is ready, take a Pound of the lean Part of Beef, cut it cross and cross with a sharp Knife, strew some Flour upon it, and a little Bay Salt: Put a Piece of Butter into a Stew-pan, when it is melted over the Fire, put in this Piece of Beef thus prepared, and fry it till it be all over brown; have a Tea-kettle of Water boiling on the Fire, and as soon as the Meat is brown, pour in a little of the boiling Water, shake it well round, and then fill it up with the rest of the boiling Water, and when it is well stirred about, throw in the Ingredients; cover it up close and set it to stew; taste it after a Time, and see when it is rich enough. It must waste a good deal, but this Quantity will make a Pint of fine Gravy.

There are other Gravies to be made from different Meats, which we shall explain in the succeeding Numbers.

2. *To Burn Butter.*

Burnt Butter is an excellent Ingredient for the thickening of Sauces; we shall frequently direct it to be used; and this is the Way to make it: Put some Butter in a Saucepan, boil it till it is brown, then shake in
a little

a little Flour, stir it about, let it boil freely, then put in a little more, stir it again; and thus keep adding Flour by a very little at a Time till the whole is thick, then pour it into a Gally-pot, and keep it in readiness. It is an excellent Thing to be in readiness for thickening brown Sauces, but it is too strong for many Stomachs.

3. *To make Force-meat Balls.*

As we are now entering upon those Dishes that have particular Ingredients in them, we shall make it a Rule first to explain what they are, before we give the Receipts in which they are ordered to be used. Thus we have done with Respect to the simple Ingredients, and we shall do the same with these. Force-meat Balls are thus made; cut a little Thyme, Suet, Marjoram, and Winter Savoury very fine; shred a little fresh Lemon Peel and mix with them, grate in Half a Nutmeg, and cut three or four Blades of Mace very fine, and add them to this Mixture. Strew in a little Pepper and Salt, and then rub all well together that they may be perfectly mixed; then take Half a Pound of Veal, and the same Quantity of fine Beef Suet; cut them both small, and then beat them very fine in a Marble Mortar. When they are come to a Paste put in the rest of the Ingredients, and stir and mix them well together; then add the Yolks of two Eggs, beat all thoroughly up together, and then roll the whole into round or longish Pieces according to Fancy.

These are Force-meat Balls; they are of Use in a great many Made Dishes; but they are to be dressed two Ways, as they are required for the brown or the white Kinds.

When Force-meat Balls are for a brown Sauce they must be rolled in Flour, and then fried brown; if they be for a white Sauce, they must be boiled instead of fried. A little Water is to be set on in a Saucepan

for this Purpose, when it boils, as many Balls as are wanted for the Dish must be put in, and they will be enough in six Minutes.

C H A P. XVI.

Of Made-Dishes.

OF these there are a great Multitude, and a very rich and pleasing Variety. No general Directions are to be given about them, because each has its own particular Manner; we shall therefore give the Receipts by which all that are at this Time in Use are made, in the most elegant Manner, and add several entirely new; delivering in each Month those which are to be made, either from Butcher's Meat, or the Things then in Season.

1. *To boil a Rump of Beef the French Way.*

When a Rump of Beef is designed for this Use, it must be cut accordingly; the principal Article is to fashion the Bone so that the Meat may lay as flat as possible in the Dish. The Butcher must chop it close for that Purpose.

A Rump of Heifer Beef thus cut is fittest for the Purpose: Boil this Half an Hour in the common Way, then take it up, lay it in a large deep Pewter Dish; cut several deep Gashes in it along the Side, rub these well within with Bay Salt and Pepper; then cut four good Onions very small, take out the Hearts of ten Lettuces, cut them small, and put these in, with a good Piece of Butter rolled in Flower: Pour a Quarter of a Pint of rough red Port over the Meat, that it may run into the Gashes, then set the Dish over a Chafing-dish of good hot Coals, with some Pieces of Charcoal to keep it alive; when it is stewing put in a Pint of boiling Water, let it stew a little longer, then
pour

pour in a Pint of the same red Port Wine. All the Ingredients are now in, and the Dish must be cover'd close; it must thus stew an Hour and a Half, the Fire being kept up pretty regularly all the Time, but moderate; after this remove it from the Fire, and send it up to Table without any Addition.

2. *To force the Inside of a Sirloin of Beef.*

Chop a Pound of Suet very fine, add to it three Quarters of a Pound of grated Bread; add to them half a Nutmeg grated, and two Shalots cut fine, some Thyme, Lemon-peel shred, and some Pepper; mix these well together, and add to them half a Gill of red Wine.

When these are prepared, spit a fine Sirloin of Beef; then raise up the Fat of the Inside gently and carefully with a tender Hand, and a sharp Knife; take out all the Lean, cutting it close to the Bone, chop this small and then mix it well with the other Ingredients, adding another half Gill of red Wine. When all is well mixed, put it into the Hollow that was made by taking out the Lean of the Beef; cover it up carefully with the Skin and Fat, skewer it down with long and slender Skewers, and cover it with Paper. Roast it in the Way already directed in the Eighth Chapter, Page 33, and don't take off the Paper at all, but bring the Meat to Table with it.

When it is near enough shred a Couple of Shalots very fine, put them into a very small Saucepan with a Spoonful of Water, stew them, and afterwards add a Gill of red Port Wine; boil these up, and then pour it into the Dish where the Beef is to be laid: The Gravy mixing with this makes an excellent Sauce.

3. *A Ragoo of Beef.*

Beef for ragooing must be properly chosen: There must be no Bone in it. The Flesh of a Rump cut
off

off is excellent; or a Piece of the thick Flank will do; or any other that is all Meat and has some Fat to it. Let it be a thick short Piece.

When this Piece of Beef is ready, make some Gravy in the following Manner: Take a Pound and a Half of some ordinary Piece of Beef cut small, half a Pound of some coarse Part of Veal, and a quarter of a Pound of Bacon. Cut the Bacon into thin Pieces, and throw it into a Pan of sharp Vinegar. Let it lie there till the other Ingredients are got ready. Cut an Onion into thin Slices, and shred some Thyme fine, with a small Sprig of Winter-Savoury; to these put half a small Carrot, three Blades of Mace, a little Bay Salt, a little Pepper, and four Cloves: Put these Ingredients into a Saucepan with a Quart of Water: Let them simmer a little; then put in the Beef, Veal, and Bacon, and let it boil till half is wasted. Toward the End of the Time put in a good Toast, brown and hard, but not burnt, and broke to Pieces. Give it a few Boils more, then strain off the Gravy.

Now flour the Piece of Beef that was laid ready for ragooing, and putting it in a Stew-pan with a Piece of Butter, fry it brown all over; when it is well browned, pour in a Quart of Water, stew it well with this, and afterwards put in the Gravy which has been strained off for that Purpose. When all is in, cover up the Stew-pan and let it stew gently; after some time open it, put in an Ounce of Truffles, a Quarter of an Ounce of Morells, half a dozen dried Mushrooms, and two Spoonfuls of Catchup; after stewing some time with this, throw in a Couple of Artichoak Bottoms and half a dozen pickled Mushrooms: when this is done, let it have a Boil or two, then take out the Meat, lay it in a Dish, and pour the Sauce over it.

This is a troublesome Dish, and some, who are no Judges of the Principles of Cookery, may think it wrong for having so many Ingredients, several of which they may think useless; but it is from this
Mixture

Mixture of Tastes, properly suited and proportioned, that we have the true high Flavour of the French Cookery. When this is done properly, no one Ingredient is tasted, but a fine mellow Mixture of all.

4. *Beef Escarlot.*

This is a very singular Manner of dressing Beef, but it is a very good Dish hot; and when cold is a pretty and agreeable Thing to send up in thin Slices. It is thus made: Beat to a coarse Powder half a Pound of Bay Salt, mix with it ten Ounces of common Salt and half a Pound of five-penny Sugar. With this rub a Brisket of Beef in the Manner for salting; when it is all rubbed on, lay the Meat in an earthen Pan and turn it every Day; let it lie ten Days in the Pickle and then boil it; serve it up with Savoys or Pease-Pudding hot; and with Mustard, Pepper, and Vinegar, cold.

5. *Scots Collops.*

Set in readiness a Piece of Butter rolled in Flour, some Mushrooms, the Yolk of an Egg beat up with a little white Wine and Half a Pint of Gravy. These being prepared, cut some thin Slices of fine Veal, beat them gently with a Rolling-pin, grate a little Nutmeg over them, and dip them in the Yolk of an Egg beat up plain for that Purpose; fry them in Butter till they are brown, and sprinkle in a very little Bay Salt: When they are well browned pour away the Butter, and put in all the rest of the Ingredients; stir them well together, and when they are a little thicken'd, and well done, send the Dish up to Table. Scots Collops may be dressed in other Manners, which we shall shew hereafter.

6. *To ragoo a Breast of Veal.*

Set in readiness the following Mixture: Take a Quarter of a Pint of Beef Gravy, add to it two Spoonfuls
of

of Catchup, and a small Glass of white Wine, and throw in Half an Ounce of Truffles and Morells; set this in a Bason by you: then set on a large Stew-pan, put in about two Quarts of Water, a Bunch of sweet Herbs, an Onion cut to Pieces, some whole black Pepper, a little Lemon-peel shred, two Blades of Mace, and three Cloves; into this put a Breast of Veal of a moderate Size, and let it boil till it is tender; then take it up, pull out the Bones, and boil it up till the Gravy is very good, then strain it off: Put it into the Stew-pan again, and mix with it the Ingredients in the Bason; let them all simmer together. Set on another Stew-pan with some Butter, flour the Breast of Veal, put it into this when the Butter is melted, and fry it till it is well browned all over; then pour away the Butter, and pour in the Gravy from the other Stew-pan to the Veal, at the same Time adding a few Mushrooms: Let all these boil together till the Sauce is rich as can be desired, and then send it up garnished with Lemon.

Many put Force-meat Balls into this, but they are of little Use, because the whole Dish is of the same Nature.

7. *To stew a Knuckle of Veal.*

Wash and clean a Knuckle of Veal perfectly well, and set on a Saucepan big enough to hold it, lay four clean Skewers across at the Bottom, and then put in two Quarts of Water; put into this a Crust of Bread, an Onion cut to Pieces, some whole Pepper, three Blades of Mace, and a Sprig of Thyme, and the like of Sweet-marijoram; then put in the Knuckle, cover the Saucepan and set it on a brisk Fire, let it boil about ten Minutes, then remove it to a deader Place, and keep it just simmering for two Hours; it will then be enough, put it in a Dish, strain the Broth and pour over it.

8. *To bask Mutton.*

There is not any Thing in which the Cook may so much indulge her Fancy as in a Hash; for almost any
Thing

Thing may be put into it : But we shall here lay down an easy and rich Method. Make half a Pint of good Gravy, put this into a Sauce-pan, and cut the Meat into very thin Slices and put into it, first strewing over it a little Flour, and at the same Time put in a Piece of Butter rolled in Flour, set this upon a slow Fire, then cut a Shallot fine, and chop a few Capers and a Couple of Girkin Cucumbers, and one Blade of Mace ; when the Flesh has stewed a little, put in these, shake them about, and let it do a little more ; then put in a Spoonful of Walnut Liquor and Half a Glass of red Port Wine, shake all together over the Fire, and let it stew a very little longer : When it is done lay some toasted Sippets in a Dish and pour it in.

C H A P. XVII.

Of Puddings.

1. *A Suet Pudding.*

CUT a Pound of Beef Suet very small, break four Eggs, beat them up with a Pint of Milk and a sufficient Quantity of Flour ; add to these beaten Ginger, Pepper, and Salt to the Taste ; then into another Pint of Milk put the Suet ; mix these well together, and when the whole is mixed together it must be pretty thick, and if Flour enough has not been put in at first, more must be added to bring it to a right Thickness. It will take two Hours boiling.

2. *A Plumb Pudding for boiling.*

Cut a Pound of Suet moderately fine, break eight Eggs, and take all the Yolks and half the Whites, grate the Crumb of a Penny Loaf, then add to it a Tea Spoonful of powdered Ginger, half a Nutmeg grated, a little Salt, and a Pound of Flour. Set in Readiness

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a Pint

a Pint of Milk, beat up the Eggs, and mix with them half the Milk, then stir in the Flour and the Bread, then the Suet and Spice. The proper Quantity of Fruit for this Pudding is a Pound of Currants and a Pound of Raisins, and the Raisins must be stoned. When the Bread, Flour, Milk, Eggs, and Spices are mixed together, put in the Fruit, and then add as much more Milk as is needful to get them into good Batter, but it must be very thick. This requires five Hours boiling.

3. *A Marrow Pudding.*

Break ten Eggs, beat up the Yolks of all of them with the Whites of five, mix with these a Quart of Cream, and three Naples Biscuits, grate in a whole Nutmeg, and add as much Sugar as will make it palatable. Mix all these well together, put a Piece of Butter in the Bottom of a Saucepan, then pour in this Mixture, set it over the Fire, and stir it till it is pretty thick. Put a Quarter of a Pound of Currants into a Pan, pour a Pint of boiling Water upon them; when they are swelled and soft, take them out and dry them a little in a Cloth, put them into a Bowl, and pour upon them the Mixture out of the other Saucepan, stir them well together, and let them stand all Night.

The next Day make some fine Paste, lay a Covering of it in a Dish, and a Rim round the Sides. Let the Oven be got ready, pour the Pudding into the Dish, and just before it is put into the Oven lay several long and large Pieces of Marrow upon the Top, not so close as to make a Covering for the rest, but be covered; therefore there is no Occasion to beat the Mixture before it is put into the Dish. This requires but half an Hour baking.

4. *A Beef Steak Pudding.*

Shred fine a Pound of Suet, mix it well with half a Quartern of Flour; add some Salt, and then mix it
up

up into a stiff Crust with cold Water. Roll this out, beat some Rump Steaks a little, and salt and pepper them, put them into the Crust, and tie it up in a Cloth; set on a Pot of Water, and when it boils put in the Pudding. If it be a large one, it will take five Hours doing; the smallest requires two Hours and a half. Mutton Chops may be dressed in the same manner, and so may Pigeons.

There are several little Cautions to be observed about Puddings in general, without a proper Care about which none of them can be ever well done. As to boiled Puddings they are frequently spoiled by Carelessness about the Cloth. We have set out with recommending Neatness and Cleanliness as the first Article in Cookery, and it is in nothing more necessary than here. Let the Cloth be perfectly clean and free from any Taste of the Soup, for that is full as bad as Dirt.

Before the Pudding is put into it let it be dipped in hot Water and floured.

As to the tying, the Nature of the Pudding makes a Difference; if it be a Batter Pudding it must be tied close, but if it be a Bread Pudding it is to be tied loose.

See that the Water perfectly boils before the Pudding is put into the Pot, and let it be stirred about from Time to Time, to prevent it's sticking to the Bottom.

In the mixing up of Batter Puddings Care is to be taken to avoid Lumps, and this is the best done by mixing the Flour with a little Milk first, and afterwards putting in the other Ingredients a little at a time. A very good Way is to strain a plain Pudding through a Hair Sieve, which keeps out all Lumps and other Matters.

A great Blemish in these Dishes is the finding the Treddles of the Eggs, which harden in boiling. To be sure of keeping these out it is proper to strain the Eggs after they are beaten up.

60 *The* BRITISH HOUSEWIFE.

When Puddings are baked, every one knows the Dish is to be buttered before they are put in ; and the same Caution is to be observed in such as are boiled in thinner Basons, or other Vessels, as is a very good Way.

5. *An Apple Pudding.*

Pare a Dozen fine Apples, cut out the Cores, and put then into a Saucepan with four Spoonfuls of Water ; boil them till they are soft, then beat them well, and stir in among them a Quarter of a Pound of Butter, ten Ounces of Loaf Sugar, beat these all well together, then squeeze in three Lemons ; pare two of the Lemons thin, and beat the Peel in a Marble Mortar to a Paste, beat up the Yolks of eight Eggs, and beat the pounded Lemon Peel in among them, then stir this in with the rest.

Cover the Bottom of a deep Dish with puff Paste, and put some round the Edges, pour in this Mixture, and bake it in a slack Oven ; when it is near done, throw over it some fine Sugar and put it in again to finish.

6. *A Rice Pudding.*

Cover the Bottom of a Dish with puff Paste, and run a little of it round the Sides ; put a Quart of Milk, into a Saucepan, and with it a Quarter of a Pound of Rice, and a Stick of Cinnamon ; boil it well, stirring it often, that the Rice may not burn to the Bottom : When the Rice is soft, stir in a Quarter of a Pound of fresh Butter, and as much Sugar as will sweeten it agreeably ; grate in a third Part of a Nutmeg, stir all well together, and when it is cold, put in four Spoonfuls of Rose Water, and the Yolks of eight Eggs beat up with the Whites of four of them, pour all into a Dish and bake it.

C H A P. XVIII.

Of the Making of Paste, and of Pies.

PASTE is of several Kinds according to the various Purposes for which it is wanted ; some being light and more tender, others stronger and firmer, some richer and others plainer ; we shall shew how each is best made

1. *To make Crust for large Pies.*

Set on a large Saucepan of Water, and put into it Half a Pound of tryed Suet, and a Pound and Half of Butter ; when these are melted, scum them off with a little of the hot Water, beat up the Yolks of three Eggs, mix them in a Peck of Flour, and make it into Paste with the Butter and tryed Suet and Liquor, as they were scum'd together out of the Saucepan. This will be a good light Crust.

2. *Standing Crust.*

Set a Peck of Flour in a large Dish ; set on a Saucepan with two Quarts of Water, and put to it six Pounds of Butter ; when it is thoroughly melted scum it off into the Flour, with a very little of the Water, and keep working and pulling it into Pieces till it is cold. This is fit for large cold Pies.

3. *Puff Paste.*

Rub Half a Pound of Butter lightly into a Quarter of a Peck of Flour, sprinkle in a little Salt, and then add just as much cold Water as will be sufficient to work it into Paste ; then roll it out, stick Pieces of Butter all over it, and sprinkle Flour over it ; roll it up, and then

then roll it out again, adding more Pieces of Butter and more fresh Flower. Repeat this till you have got in a Pound of Butter, besides that which was used at first; it will then be perfectly fine. This is the fine and proper Crust for all Sort of nice Pies, and for putting round baked Puddings.

4. *A Crust for Custard.*

Mix well together Half a Pound of Flour, a Quarter and Half of Butter, three Spoonfuls of Cream, and the Yolks of two Eggs; let this Mixture stand a Quarter of an Hour, and then let it be worked up and rolled out thin.

5. *An Eel Pie.*

Make a sufficient Quantity of good Crust in readiness; take Half a Dozen middle siz'd Eels, skin them gut them, and wash them in several Waters; cut them into Pieces of a Thumb Length, and Season them well with Bay Salt and Pepper; add four Blades of Mace, and grate over them a very little Nutmeg; put all into a Dish, and fill it up nearly to the Rim with Water, then put on a Cover of the Crust, and send it to be baked. It will require a good warm Oven, and some Time.

6. *An Apple Pie.*

Make some good puff Paste Crust, and lay an Edge of it round a Dish, pare a Dozen or two of Apples, quarter them and take out the Cores, lay them close in Rows, strew in some Sugar, and sprinkle over them some Lemon Peel shred very fine; sprinkle five Cloves in different Parts of the Pie, and squeeze Half a Lemon among the Apples; then core another Parcel of the paired Apples, lay them in as the former, putting in a Couple of Quinces among them, cut in the same Manner,

Manner, and put here and there a Piece; squeeze another Half of a Lemon, sprinkle on more Sugar, and a few Pieces more of Lemon Peel.

Boil the Parings and Cores of the Apples in some Water till it tastes very strong of them; put in some Sugar after the Liquor is strained, boil up this to a Syrup, and pour it into the Pie, then put on the Crust, and send it to be baked: When it comes in take off the Crust, and stir in some Butter, cut the Crust in little three-corner'd Pieces, and stick it up among the Apples.

Another Way of covering it is with Cream, which is done in this Manner; break a Couple of Eggs, beat up the Yolks well with Half a Pint of Cream, stir in a little Sugar, and grate in a little Nutmeg; mix all well together, and poor it over the Top of the Pie.

7. *A Herring Pie.*

Make some very good Crust, and cover with a Part of it the Bottom of a Dish. Scale and gut some fresh Herrings, cut off the Heads and the Fins, wash them very thoroughly, season them with Pepper and Salt, and cut a little Mace very fine and scatter it over them. Lay a Row of Herrings in the Dish, then pare some Apples and cut them into thin Slices without the Cores, spread a Covering of them over the Herrings, peel some Onions, cut them into Slices, and lay them over the Apples in good Quantity, put in some thin Pieces of Butter over the Onions, and then as much Water as will just wet the Fish; lay on the Crust, and let it be well baked.

C H A P. XIX.

Of Side and Small Dishes.

SEveral of the Made Dishes already named, and others that will come under the same Denomination in our succeeding Numbers, may be made in
small

small Quantities, and used in Side Dishes. This Chapter however is not for that the less needful, for there are others naturally small, and fit only for such Uses.

1. *Cocks Combs forced.*

Cut the White of a young Chicken, weigh it, and put to it as much Bacon, and the same Quantity of Beef Marrow; beat these together to a Paste in a Marble Mortar, sprinkle in a little Salt and Pepper, grate a little Nutmeg, beat all well again, and mix it up with Yolk of Egg to a proper Consistence. When this is ready wash and clean a dozen of Cocks Combs, set them on in a Saucepan with a little Water, parboil them, then take them out, lay them in a Sieve to drain, open them only at the large End with the Point of a sharp Knife, put in this prepared Force-meat, and fill them with as much as can be got into every one of them. Set on a Saucepan with some rich Gravy, put in these Cocks Combs and stew them gently half an Hour; cut in about three fresh Mushrooms, let it stew a little longer, then put in half a dozen small pickled Mushrooms, break an Egg, separate the Yolk, beat it up with a little Gravy and mix it with the rest, stew it a few Minutes longer, and then pour it all into a small Dish.

2. *To dress up a cold Chicken.*

Break three or four Eggs, separate the Whites, and beat up the Yolks; sprinkle into them a little chop'd Parsley, grate in a little Nutmeg, and some Salt, and as much Crumbs of Bread as will agreeably thicken it up: When this is ready set on a Stew-pan, and beat in it a good Quantity of Dripping, then cut the Chicken into four Quartets; when the Dripping is hot, roll these Quarters well in the Mixture before prepared, and when they are thick covered
with

with it, throw them in, and let them fry to a fine light brown.

While they are frying set on some rich Gravy in a Saucepan, put to it a Spoonful of Catchup, and thicken it up with a Piece of Butter rolled in Flour.

When the Quarters of the Chicken are well brown'd lay them in a Dish, and pour this Gravy over them. Garnish it with Lemon.

3. *To bake an Ox's Palate.*

Clean and wash the Palate very carefully, then cut each into half a dozen Pieces, put them into a Pan, and add a small Quantity of Water, just enough to cover them, throw in a dozen Pepper-Corns, one Blade of Mace, two Cloves, a Bundle of sweet Herbs, and an Onion, mix these a little in, and then sprinkle over the Top a few Raspings, tie a brown Paper over the Pan and send it to the Oven.

S E C T. IV.

Of CONFECTIO N A R Y.

C H A P. XX.

Of Jellies.

WE here enter upon the Desert in general, and begin with Jellies. Of these, some are made at any time of the Year, and are not intended for keeping. Others can only be made in certain Seasons. We shall give Instances of both.

1. *Hartshorn Jellies.*

Nothing is so common as the Name of Hartshorn Jelly, but the Thing itself is not quite so general; it comes too dear and is too troublesome in making for common Occasions, but when made properly it is vastly superior to any of the other Kinds. The true Way of making it is thus.

Chuse half a Pound of Hartshorn Shavings, all of the large Kind, thin and fine; they commonly sell a few of these and a great deal of small Stuff to make the principal of the Weight, but that does not dissolve so easily, nor is so fine.

Put this half Pound of Shavings into a Gallon of pure Water, and set them on a clear good Fire in a large Saucepan to boil; when they have boiled an Hour take up a Spoonful of the Liquor, observe whether it hangs in Jelly upon the Spoon as it cools, if it does it is enough; if not boil it longer.

When it is boiled enough strain it hot into a Saucepan, and add to it a Pint of Rhenish and five Ounces of Loaf Sugar; break half a dozen Eggs, separate the Yolks, beat up the Whites to a Froth, and pour it into the Jelly; let this boil a few Minutes, then squeeze in four good Lemons, let it boil again, and when it looks curdled and white, it is then ready to be strained. Hang up a fine Flannel Jelly Bag, set a Bason under it, pour in the Jelly, and pour it back again when it is run through. Do this over and over, and it will at last be as clear as Chrystal; then pour it in once more, have a fresh clean Bason under it, set Jelly Glasses by perfectly clean, and as it comes into the Bason fill them with a Spoon. Fill half the Glasses this Way, and they will be perfectly clear and without any Colour. Then pare a Lemon very thin, throw the Rind into the Bason, and let the rest of the Jelly be tintured with it. This will give it a fine pale Amber Colour and a little Flavour. Fill the rest of the Jelly Glasses with this.

As to the Quantity of Sugar and Lemon Juice every one's own Palate is the best Judge; some like it with more, some with less Sweetness; but unless it be tolerably sweet it is never perfectly good. This is real and true Hartshorn Jelly.

2. *Currant Jelly.*

January is not a Season for ripe Fruit, so that nothing of this Kind comes properly within the present Number of our Publication; but as we promised to give one Instance of each Kind of Jellies, we have fixed upon this as the most familiar, and which will best fix on the Reader's Memory a general Notion how they are to be made from all Fruits.

Pick Currants clean from the Stalks, put them in a Stone Jar, cover it down and set it in a Saucepan, put so much Water into the Saucepan as will reach half Way up the Jar, make the Water boil, keep it so half an Hour, then pour the Currants out of the Jar into a Sieve, and their Juice will run through. To every Pint of the Juice put a Pound of Sugar, set it over the Fire in a preserving Pan, keep stirring it till the Sugar is melted, and as a Scum rises take it off, let it boil till no more Scum rises and a little longer, it will then be perfectly clear and fine; pour it into Gally-pots, and when cold cover it with white Paper dipped in Brandy; tie a white Paper also over the Pot, and prick Holes in it with a Needle; put some also in Glasses.

C H A P. XXI.

Of Creams and Syllabubs.

1. *Lemon Cream.*

CHUSE some large fresh and fine Lemons, that have a thin and even Rind, peel five of them very thin and put the Peels into a Basin. squeeze

the Juice of the Lemons upon the Peels, and add to it half a Pint of clear Water; let these stand together all Night, the next Morning pour the whole into a Flannel Jelly Bag and let the clear Liquor run thro'; let it run into a clean Saucepan well tinned, put into it ten Ounces of the finest Sugar and set it over a slow Fire. Beat up the Whites of five Eggs, when the Gravy is warm put them in, stir them well about, if any Scum rises take it off, and when it is just warm put it into Glasses.

2. *Whipt Cream.*

Break eight Eggs, separate the Yolks, and beat up the Whites with half a Pint of Sack, put this when well mixed into into a Quart of Cream, and add a little of the finest Sugar powdered, to sweeten it to your Palate. Wash a Whisk perfectly clean, tie a Piece of Lemon Peel in the Middle of it, and with this beat up the whole: As the Froth rises take it off with a Spoon, and put it into the Glasses.

3. *Whipt Syllabub.*

Diffolve a Quarter of a Pound of the finest Sugar in a Pint of red Wine, and another Quarter of a Pound in a Pint of Sack; let these stand by, and set a Row of Glasses for the Syllabubs by them. Put into a large China Bowl half a Pound of the finest Sugar beaten to a Powder, squeeze upon it two Seville Oranges and one Lemon, stir the Juice and the Sugar about that it may soften and come towards melting them. Add half a Pint of Sack, stir all well together again, grate in the Peel of the Lemon and of one more, stir all about well again, then pour in a Quart of Cream; when all is together work it up well with a fine clean Whisk.

Fill one half of the Glasses near half way up with the sweetened Port, and the other half in the same manner

manner with the sweetened Sack ; then as the Froth of the Syllabub rises with the whisking, take it off with a Spoon and put it into the Glasses upon the sweetened Wine, and fill them as full as they will hold.

S E C T. V.

Of the Oeconomy of a Table.

C H A P. XXII.

Of placing the Dishes.

WE have learned many little Arts of the French, and 'tis pity we do not a little more carefully follow them in this. The best Dinner in the World will have an ill Aspect if the Dishes are not properly disposed on the Table, and in this we are very deficient. We have a John Trot Method, in which we go on with perfect Sameness ; they have a great Variety. We acknowledge that we have learned a great deal of the Art of Cookery from them ; why should not we be as much obliged to them for this finishing Article, the Arrangement of the Dishes upon the Table. We seem to look upon it as a Trifle, but it is no more so than much of the Art beside. To please the Palate is one Design of this Branch of Study, and to please the Eye is the other. We shall give the Reader in this Chapter some general Idea of the Taste of the English, and that of the French on this Head, and lead him toward the improving the common Method by a proper and reasonable Imitation.

It is the Custom here to eat off square or long square Tables ; the French in general eat on round or oval. We shall here find one of the first Occasions of our Deficiency in this Respect. It is true that we sit more conveniently

conveniently, but the French have vastly the Advantage in the disposing and placing their Entertainment.

As great Entertainments are given more for Show than from any other Consideration, something should be considered for the Appearance as well as for Convenience ; we should therefore imitate them in this Respect, especially in grand Feasts, and we may from following the same Train of Thought, improve a great deal in our common Tables.

A great Painter has lately wrote to prove that there cannot be Beauty in strait Lines : The Tables we use are composed of such, and the Example was never more fully illustrated. The Form of the Table compels us to set the Dishes in the same Manner, that People may have Room for their Plates, and thus all becomes ungraceful. But something may be done to avoid the necessity, even in this Case, of setting Things in Rows, tho' it has not yet been thought of.

We shall first lay down the common Method of placing Dishes upon the Table in England, and this for two Reasons, as it will give the Housekeeper a general Direction for doing it to Satisfaction ; and as it will lead her better to understand the Improvements we propose on this Head.

For two Dishes, the best shaped Table is a pretty long Square, such as will hold one at each End and two on each Side; and the Dishes are placed one near the Top, and the other near the Bottom, with Room for Plates between, as at the Sides, only less.

For three Dishes, the Table should be a broader Square, but still oblong ; and one Dish is placed at the Top, and two Side by Side at the Bottom ; this is a very awkward Method : But three is an odd Number ; two upon the Table at once, and one of them removed, does better.

A Dinner of four Dishes is set upon the Table thus ; there is one at the Top, one at the Bottom, and one on each Side, a vacant Space being left in the Middle ;
this

this also has a raw Appearance, and the Vacancy should be filled up with something.

A Table of five Dishes is served up in the same Manner exactly, only the fifth Dish supplies the Vacancy in the Middle. The best Shape of the Table for four Dishes, is nearly square, and for five in this Way perfectly square.

Six Dishes we rarely use, from five the Advance is to seven; and the Way of placing these is, three down the Middle, and two on each Side; the Dishes thus stand in three Rows longwise, and the best Form for the Table is square.

From seven the next Advance is to nine; we love odd Numbers: In this Case the Form of the Table is square, and one Dish is set in the Middle and eight round it.

Our next Step is usually to thirteen Dishes; for these the Table is to be of a long square, and they are placed in three Rows; five down the Middle of the Table and four on each Side.

This is the usual Way of placing Dishes; let this be well fixed in the Memory for the present, because by complying with these Rules the Housekeeper will always avoid Blame. We shall, in the next Number deliver the Method of the French, in placing their Dishes, and point out Methods of Improvement.

C H A P. XXIII.

Of Carving.

NO Work is to be well done without proper Tools: In Order therefore to perform this well, there must be a right Knife, and in good Order: The proper Kind of Knife for Carving is strong, long in the Blade, and sharp pointed.

A R T. I. *A Turkey.*

To carve a Turkey, you must begin with the Leg, raise this and open the Joint with the Point of the Knife; when the Joint is opened, leave the Leg on, and cut down each Side of the Breast; this is called lacing; then open the Breast Pinion, but don't take it off; when this is done raise the Merry-thought, between the Breast-Bone and the Top of it; after this raise up the Brawn, then turn it outward on both Sides, but don't break or cut it off.

When the whole is thus prepared, cut off the Wing Pinions at the Joint next the Body, and stick each Pinion in the Place where the Brawn was turned out, but cut off the sharp End of the Pinion, and take the middle Piece, and that will just fit the Place. Every Part of the Turkey will now be separated without Trouble. The great Art of all Carving is the making this first Preparation. The Expression that is used for this, is *cutting up*: We say to *cut up* a Turkey; other Terms are used for other Kinds.

2. *Woodcock.*

In carving a Woodcock the great Care is to be taken to divide and dispose the Thigh properly, that being the fine Part; the Wings are to be raised, and the Legs with the Thigh and what belongs to it entire; and the Head is then to be opened for the Brains.

This is all that is to be done, and the Expression is, to *thigh* a Woodcock.

3. *Duck.*

In carving a Duck the Wings and Legs must be raised but not taken off; when these are raised, the Merry-thought is to be raised from the Breast, and then each Side of the Breast is to be laid down with
the

the Knife. This is the whole Method of carving a Duck, and the Phrase used is, to *unbrace* it.

4. *A Goose.*

This is a large and consequently a troublesome Bird to carve. We shall deliver the proper Method of doing it, and with that close the Article of carving for the present Number.

First take off both the Legs, then cut off the Belly-piece round, close to the End of the Breast; then lace the Goose down both Sides of the Breast half an Inch from the sharp Bone, then take off the Pinion on each Side, and then separate the Flesh that was first laced with the Knife; raise it up clean from the Bone, and then take it off with the Pinion from the Body. After this cut up the Merry-thought, then cut another Slice of Flesh on each Side from the Breast Bone quite through, then turn up the Carcass of the Goose and cut it asunder, the Back Bones above the Loin Bones. This is the proper Method of carving a Goose, and the right Expression is, to *rear* it.

C H A P. XXIV.

Of doing the Honours of a Table.

THIS is an Article in which Fashion more prevails than it ought, for Reason should be the Guide altogether. We are obliged to the French in this as in many other Articles of Behaviour; for they have the Art of preserving good Manners with less Ceremony than our Ancestors used to do. At the same time we are to observe, that the good old English Custom, though more ceremonious, was more obliging.

It was our Custom to let the Lady of the House help her Visitors; and this, though troublesome to
 N^o. III. K her,

her, was founded upon Reason. She was supposed to understand carving perfectly well, and to know where the best Bit lay ; it also gave her an Opportunity of shewing with what Satisfaction she waited on her Friends.

At present the Fashion is, that every one takes Care of himself, helping himself to what is next, or sending his Plate to the Person who sits near what he likes ; so that the Lady fares like the rest of the Company, and has no more trouble than others. This is Civility to her, because it excuses her a great deal of Trouble, but it takes from her the Opportunity of serving her Friends.

In the old Way, when there was but a tolerably large Company, it was almost impossible the Mistress of the House should taste a Bit of any thing. As the Custom is at present she is only one of the Company.

The early Fashion in England was suited to Times of Plainness and Simplicity. The present Custom is fitter for our extravagant Entertainments. When there were but two or three Dishes the Lady might help every body, and eat something herself too ; it was some Trouble, but the Pleasure to see her Friends made Amends. In the present grand Way of living it is impracticable, where so many Persons are entertained, one cannot help all ; and where there are such a Number of Dishes it is quite impossible to remove them backwards and forwards to the Head of the Table.

The Company are meant to be entertained, and the better they are so, the more the Master of the House will be pleased. They were under a Constraint, when every thing was to come from the Hand of the Mistress ; they did not care to shew they had large Stomachs, or they were ashamed to speak, or they were sorry to give her Trouble ; so that half of them did not dine well. Now every one helps himself as he likes, and where he likes ; no body sees what he eats, and if he gives any body Trouble, he is in the Way of returning it, by helping them in his Turn to any that is next him.

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The Company are easy, the Master is pleased, and the Lady has no Trouble.

Thus we see what was the ancient, and what is the present Manner; but it may be proper to give here one short Piece of Advice. This French Fashion of perfect Ease was calculated for great Tables, and it should in a manner be confined to them. What Reason dictates on the Subject is this :

When there are but two or three at Table, and but two or three Dishes, the Mistress of the House should help every body once, and desire them afterwards to take Care of themselves. When there are a great many Dishes and a great deal of Company, she should tell them she leaves them to the French Ease, the Dinner is before them, and they are expected to take Care of themselves and of one another.

S E C T. VI.

Of Pickling and Preserving.

WE have now gone through what relates to the Article of fresh Provisions and such other Articles as are to be bought for Stores, and we now come to those which are to be prepared at Home for the Service of the Table in it's several Courses, and for the Desert. This is an Article which will take up a great deal of Room in our succeeding Numbers, but here less is required to be said about it. The principal of those Things which are to be pickled and preserved are the Product of Summer. We shall however select certain Articles in this Way that may be done in the present dead Season.

C H A P. XXV.

Of Pickling.

BEFORE we enter upon the Particulars on this Head, it may be useful to give some general Cautions, the Want of a due Observance of which, has been the Occasion of great Disappointment to many. In the first Place, nothing but Stone or Glass will hold Pickles, for the Vinegar and Salt used in preparing them, eat through any thing else. Glass is too brittle, therefore Stone Jars are the only proper Convenience.

Some People dip their Hands into Pickles to take out what they want, but this is an indelicate Custom and soon spoils them; neither are Spoons of any Metal whatsoever proper: The best Method is to tie a wooden Spoon, full of Holes, to the Neck of every Jar, to be in readiness.

A R T. I. *Red Cabbage.*

This is the easiest done of all Pickles, and is the cheapest, though it is really not without its Merit. Put into a Stone Jar two Quarts of strong Vinegar, add to it a Handful of Salt and an Ounce of All-spice; stir this well together, then cut in a Red Cabbage, slice it very thin, and when it is in, cover it with the Vinegar, tie down the Jar, and let it stand by. No more is to be done to it, and it will be ready for Use in a few Days.

2. *Beet Root.*

Set on a large Pot of Water, clean Half a Dozen Roots of Red Beet, cut off the Tops and Bottoms, and when the Water boils put them in, let them boil till they are tender, then take them out and when a
little

little cooled wipe off the Rind with a clean coarse Cloth; let them lie to cool, and the while put into a stone Jar three Pints of Vinegar and a Quart of Spring Water, add Half a Handful of Bay Salt, stir all together, and when the Salt is melted, and the Beet Roots cold, slice them in and tye it over for keeping.

3. *Fennel.*

Set on a small Saucepan of Spring Water, with a Nip of Bay Salt, let it boil; cut some young Leaves of Fennel, tye them up in Bunches, and when the Water boils throw them in; let them just be boiled, and lay them in a clean Cloth to dry; lay them in a small Jar, and pour on as much cold Vinegar as will cover them, put in a Couple of Blades of Mace, and grate in a little Nutmeg; tye it over for keeping.

4. *Onions:*

Set two Quarts of Vinegar over the Fire with four Ounces of Bay Salt, let it boil once and then set it by to be cold. Measure a Quart of Onions of the Bigness of small Walnuts, let them be about as dry as they are when they are to be laid up for keeping; strip off the dry outer Skin, put them into a Saucepan with a Gallon of Water, and boil them till they are tender; then drain them through a Colander, and let them stand to cool; when cold, strip off about two more of the Skins, and rub them clean and dry in a Cloth: Put into a Jar that will hold three Pints, six Bay Leaves and a Couple of Races of Ginger, then put in a Layer of the Onions. Throw in two or three Bay Leaves more, and a Quarter of an Ounce of Mace, then put in the rest of the Onions, with two Blades of Mace and one more Race of Ginger among them, and then pour upon them the Vinegar that had been boiled for that Purpose; tye them down for use.

5. *Oysters.*

5. *Oysters.*

Open a Hundred large and fresh Oysters, save all their Liquor, cut off their Beards, and then as they are done throw them into their Liquor, setting a Bason under to catch it for that Purpose.

Set the Oysters in their Liquor over a slow Fire, boil them gently half an Hour, and as a Scum rises take it off, and remove them from the Fire; when this is done strain the Liquor through a fine Cloth and put the Oysters into it again: While the Liquor is hot take out Half a Pint of it, and put into it a Quarter of an Ounce of Cloves, and half as much again of Mace; boil this up once with the Spices, then pour it in, Spices and all, to the Rest; then put in half a Pint of strong Vinegar, half an Ounce of Bay Salt, and half a Quarter of an Ounce of whole Pepper: Let them stand to be cold, and then put them up.

C H A P. XXVI.

Of Preserving.

AS there are at this Season very few of those Fruits to be had on which the Art of Preserving is to employ'd, we shall select the Orange for an Instance of the general Methods to be observed in that Practice, and shew the Method of Preserving it two Ways, in Form of Marmalade and whole.

A R T. I. *Orange Marmalade.*

Chuse some fine fresh Seville Oranges, cut them into Quarters, and grate them that there be no Bitterness remaining; put them into a large Bowl of Spring Water, change it twice a Day, and let them lie in Water three Days; then boil them till they are tender, shift-
ing

ing the Water several Times, then shred them very small, pick out the Skins and Seeds, and clear the Meat that was pulled out, and put it to the Peels that were shred. For a Pound of this take a Pound of the finest Sugar, put as much Water as will dissolve it, set it over the Fire, boil it to a Candy; when it is enough a Drop of it let fall will hang like a Hair: When the Sugar is thus prepared, put in the Pulp and stir it all well together. Set it on a very slow Fire to keep it hot, but not to make it boil, and then stir it till it is thick, then let it cool gently, and when thoroughly cold put it up in Pots and cover it close down.

Some have a Way of adding the Jelly of Apples to this, in order to make it all like Marmalade. This has that Effect, but it utterly destroys and confounds the Taste of the Orange. If this is done Sugar must be allowed in Proportion.

2. *To preserve Oranges whole.*

Chuse some fine Seville Oranges, pare them very thin with a sharp Pen-knife, and lay them in Spring Water; let the Water be shifted every Day, and let them thus be soaking four Days; then set on a Tea-kettle of Water to boil, set on also a Pot of clear Water, put the Oranges into this, and lay a Piece of Oak Board over them to keep them down; let them boil, and as the Water wastes fill up the Pot out of the boiling Tea-kettle, that it may not be chilled, for it must continue boiling without any Stop: They must be boiled till they are so tender that a Wheat Straw will run through them; then take them out; when they are cool make a little Hole in the Top, and scoop out the Seeds; when this is done weigh them; for every Pound of Oranges take a Pound and three Quarters of double refined Sugar, let this be beat to Powder, and sifted through a Lawn Sieve: Fill the Oranges well with this, and strew some more over them; in this Condition lay them upon a Board.

Now

Now cut into a Gallon of Water a large Parcel of good Apples; cut them in thin Slices, and boil them till thoroughly tender, pour them into a Sieve, and let the Water drain from the Pulp.

For every Pound of Oranges take a Pint and half of this Liquor, put to this Liquor three Quarters of the Sugar that was left in filling the Oranges, boil this up, scum it carefully, and then set it by in a clean Pan till cold.

Put the Oranges into a Skillet, and pour this Jelly of Apples upon them, let it boil well, and at Times prick the Oranges that it may get in. A large strong Bodkin is the best for pricking them. As they boil strew on at Times the remaining Quarter Part of the Sugar, let them boil till the Jelly be thick and clear, and then take them off the Fire; have ready as many Glasses as there are Oranges, take out the Oranges one by one, put them each into a Glass, boil up the Jelly a little more, then pour it over them, and cut a Piece of Paper over each. They are a very beautiful and a very fine Preserve.

S E C T. VII.

Of Wines, Beer, and Cyder.

C H A P. XXVII.

Of Made Wines.

THE Fruit Season is the Time that gives most Opportunity for making English Wines, and therefore we shall treat the most largely of this in those Numbers which are for the proper Months; but we shall here lay down the Method of making such as may be made in this Season, which will give a general Notion of the Art.

A R T.

A R T. I. *Raisin Wine.*

Put into a Hoghead two hundred Weight of Raisins, Stalks and all, and put to them as much Water as will nearly fill up the Hoghead; stir them about thoroughly every Day for a Fortnight, then pour off the Liquor; press the Raisins for what will come that Way, and mix both the Liquors together; let them be put into a clean Vessel that will just hold the whole, and it will ferment and hiss; let it stand till that Noise is entirely over, and then fasten it down, and let it stand six Months. Observe that the Barrel must be full, or it will not succeed well.

When it has stood six Months try if it be clear, by pegging; if it be, draw it off into another Vessel, leaving the Dregs behind; let it stand there three Months longer, and then if it be perfectly fine bottle it off, if not let it stand till it is. When this Wine is to be drank it should not be brought in the Bottle, but in a Decanter.

2. *Orange Wine.*

Get a dozen Lemons and fifty Seville Oranges, all fine and fresh; pare the Lemons, cut them in half, and squeeze them into a Bowl, in which there is first put two Pounds of fine Sugar broke small.

This being ready set on six Gallons of Spring Water in a large clean Pot with a good Fire, put into it twelve Pounds of fine white Powder Sugar, and the Whites of a dozen Eggs beat up to a Froth; let it boil an Hour, scumming it frequently; let it stand till cold, then put into it six Spoonfuls of Yeast, and the Lemon Juice and Sugar out of the Bowl, first scumming off the Top. When these are mixed well together pare the Oranges, then squeeze in the Juice, and add the yellow Peels, but not the white Part. Let it stand by covered in a warm Place, and it will

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quickly work. When it has worked two Days and Nights put in a couple of Quarts of good Rhenish Wine, and then put all together into a Vessel ; let it stand there unstopt till it has done hissing, then let it be stopt down, and after some time try by pegging whether it be fine ; when it is, bottled it off.

3. *Turnip Wine.*

Pare a good Quantity of fresh and fine Turnips, slice them to Pieces, put them into a Cyder-Press, and press out the Juice ; put this into a Vessel that will just hold it, measure it in, and to every Gallon of the Juice put three Pounds of coarse Loaf Sugar ; to every Gallon of Juice also add half a Pint of good Brandy, or some clean and well tasted English Spirit ; set it by, and let it remain open till it has done working, which will be known by the hissing being over, then stop it down, and three or four Months after draw it off clear into another Barrel ; when it has stood there also till quite fine, bottle it off.

C H A P. XXVIII.

Of Beer and Cyder.

BOOKS have been written entirely upon the Subject of brewing Beer, and it is so copious, that many more may be written very much for the publick Service. However, we shall not for that Reason have our Family Housekeeper uninformed in this Article. We shall lay down some practical Rules that will perhaps answer for the Service of ordinary Capacities better than all their difficult Receipts. We shall also give the Methods by which Beer may be recovered when it is by any Accident turned, or otherwise spoiled.

A R T. I. *Of Brewing.*

The first Caution to be taken by the Person who would brew well, is, that the two Ingredients, the Malt and the Hops, be fresh, clean, and good.

When we are assured of their Quality, the next Consideration is the Quantity, and this is to be proportioned to the Nature and Strength of the Beer intended to be brewed. We will suppose strong Beer, of the Nature of what they call October, is to be brewed; for this, if three Hogsheads be the Quantity, there should be allowed five Quarters of Malt, and twenty-four Pounds of Hops.

Middling good Beer is made with considerably less Malt; a Quarter to a Hogshead is a very good Allowance, and Hops in Proportion. From the first Kind, supposing the three Hogsheads of strong Ale to be the Quantity, there will be afterwards two Hogsheads of very good keeping Small Beer, and only five Pounds of Hops are to be allowed for this.

Whatever Beer is brewed, it is a needful Caution that the Malt be ground some Days before it is used; it is much better for standing.

In the middling Way, when a Quarter of Malt has made a Hogshead of strong, it will make another of Small Beer, or it will make three Hogsheads of good Small Beer with eight Pounds of Hops. This Small Beer will keep all the Year. Others manage it so as to make a little Ale and a great deal of good Small Beer; they make about twenty Gallons of Ale, and then two Hogsheads of Small Beer. This Ale will be very strong, and the Small Beer will keep the Year.

The Quarter to the Hogshead is the common Allowance in this Way, but a little more is better. 'Tis best to keep something like a Medium between this and the October. As Hops are a very expensive Article in brewing, it is fit the Beginner should know that they are to be proportioned to the Time the Beer

is to be kept; the longer that is to be, the larger must be the Quantity. But this may be greatly reduced, and consequently a great deal of Expence saved in what is to be drank soon.

For strong Beer, if it be to keep a great while, a Pound of Hops to every Bushel of Malt is the right Allowance. If the Beer be to keep six Months, five Pounds of Hops will do for a Hogshead; and if for present drinking, three Pounds to the Hogshead will be sufficient.

The Quantity being settled as to both the Ingredients, the next Consideration is about the Water. A great deal has been said about this, but more than is true, or needful to perplex the Beginner with here; one Caution will entirely answer his End. The softest and clearest Water he can get is the fittest for his Purpose.

Let his Vessels be clean, his Ingredients good, and his Water according to this Direction, and he may begin without Fear.

These will be sufficient Cautions for those who are used to the mechanical Part of brewing; but for the Advantage of such as never have brewed, we shall deliver the Method at large in the succeeding Number.

2. *To recover Sour Beer.*

When a Kilderkin of Beer is grown sour, it may be recovered thus. Open the Bung-hole, and throw in a Quart of Oatmeal and six Ounces of Chalk powdered and mixed together, lay on the Bung loosely for five or six Days, or longer if it continues longer working. When that is over stop it up close, and let it stand a Month, then tap it, and it will be found to have recovered it's proper Taste, unless it were too far gone.

3. *Of Cyder.*

As we have given Directions to the Person who brews, to be careful in the Choice of his Malt and Hops, we are here to give the same Caution to the Cyder-Maker, in the choice of his Apples. There are great Variety of these, and any of them will yield Cyder; for it may be made from the Juice of any Apple whatever: But the Flavour of the Cyder depends upon the Taste of the Apple, and therefore too much Care cannot be taken in the Choice of the Kind.

The worst Apples that are will make as strong a Cyder as the best, but it will not be pleasant. A Spirit like that from Wine, may be drawn from Cyder by distilling; and such Cyder as is made of the worst Apples, or of Crabs, will yield as much of it, and as good, as the best that can be made; but the Purpose of Cyder being for drinking, as a pleasant Liquor, the Palate entirely is to be consulted.

The two finest Apples for Cyder, are the Red Streak and the Golden Rennet; there are many others that make very good, and indeed any good Apple will answer, but neither of these singly, nor any one Kind of Apple, be it what it will, alone, is so fit as a Mixture: Very indifferent Kinds of Apples mixt together, will make exceeding good Cyder, whereas it would have been extremely bad if made from either of them alone; but there is one Rule very necessary to be observed, which is, that in these Mixtures all the Fruit be of equal Ripeness.

The Red Streak Cyder gets a great Advantage in Flavour, by the Mixture of the Golden Rennet; and in the same Manner, every good Kind of Apple gets a new and better Taste, by being mixt with some other of good Flavour also.

The Flesh, or pulpy Part of the Apple, is all that should come into use in the making of Cyder, but there is no need of such Trouble as the picking and
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coreing of them, nor could it well be done in large Quantities; this however may be properly hinted, that these Parts give a bad Taste if they are bruised or broken. The Cyder Mill and Press does not much affect them in the usual Way, and for that Reason they seldom do any Harm; but there are some, who for smaller Quantities, beat the Apples in large Marble Mortars; in this Case, they should first have the Stalks taken off, and the Core taken out, for the Blows of the Pestle bruise these, and they give a Bitterness to the Cyder.

Having given these general Accounts of the Nature and Management of the Materials in this Article, we shall deliver the Method of making the Cyder in a succeeding Number.

S E C T. VIII.

Of Distilling.

THE Art of distilling is very easy to be learned, even by the most unacquainted with these Things; and it is so considerable and useful a Part of the House-keeper's Province, that we shall take Care to give the full Instructions on that Head.

In the first Place, the Produce of all distilling are Waters: These are of two Kinds, the simple and the strong; and their Difference depends upon the Use of Spirits, or the not using any, in the Making. All simple Waters are made without Spirit of any Kind; all cordial Waters have Spirit in them.

One would think that by simple Waters were meant such as are made from one Ingredient, and by compound Water such as are made from many; but this is not the Meaning in which these Words are used; for by simple Water we only mean, one that is made
without

without Spirit, and it is called so, though made from ever so many Ingredients: In the same Manner compound Waters mean the same as cordial or spirituous Waters, that is, such as are made with Spirit of some Kind; and in this Case they are called compound, though there be only one Ingredient: The Apothecaries call Cinnamon Water a compound Water, though it is made of nothing but Cinnamon and Spirit.

Having thus explained what is meant by the Words simple Waters, and compound Waters, we shall give an Account of the Manner in which they are made.

Simple Waters are made by putting the Herb into the Still, with so much fair Water, that when the intended Quantity is drawn off, there shall be enough left to prevent the Herb from burning to the Bottom. Cordial Waters are made by putting in the Ingredients, and as much Water as will keep them from burning, and then adding as much Spirit as is intended to be drawn off in Water, or pretty near as much. Thus suppose five Quarts of strong Cinnamon Water were to be made, the Cinnamon is to be put into the Still, and as much Water as will keep it from burning, and then either four or five Quarts of Spirit are to be added, according as the Water is intended to be, of the full Strength of Brandy or something less. If five Quarts of Spirit be put in, and five Quarts drawn off, it will be as strong as the Spirit; but the common Way is to make these Waters one fifth Part weaker: Thus a Gallon of Spirit is put in to draw off five Quarts, and the common Spirit that is used, is what is sold at the Distillers under the Name of Melasses Spirit.

Whatever Quantity of Spirit is put into the Still, the same is got out again; for it all rises first by itself, and every Drop of it comes over before one single Drop of Water; so that if the Distillation be properly managed, not a Drop of the Spirit is lost.

C H A P. XXIX.

Of the different Kinds of Stills.

LOOKING into the Books of Chemists we see a Multitude of Stills of various Forms, but there are only two that are worth using ; these are the Bucket-headed Still, and the common Still, with its Worm-Tub.

To make our Reader perfectly acquainted with this Article, we shall shew what distilling is. When an open Pot of Water boils, a Steam rises ; this is the Water itself, only in a lighter Form ; put a Lid on the Pot, and there are soon Drops upon it ; these are the Vapour turned to Water again by the Cold : Therefore nothing is required but Cold to turn the whole Vapour to Water.

The Still is an open Pot, but instead of a Lid, a Head is put on it ; this is hollow, and has a Spout, through which the Vapour finds its Way : When there is a Worm-tub the Head is naked and hot, and the Vapour running through the Worm, which is a spiral Pipe covered with cold Water, there condenses into Water. In the other Way, a Sort of Bucket is fixed round the Head, and cold Water being put into that, the Vapour is turned into Water there, and runs out at the Pipe or Nose, where a Vessel is placed to receive it. In the other Case, this Vessel is put at the End of the Worm which comes out of the Tub.

If Water be put alone into the Still, nothing but Water comes out at the Pipe, but if an Herb or other Ingredient be put in with the Water, then that which comes over has its Taste and Virtue.

All Things will not yield their Virtues in Waters, but most will : The Water of Gentian is not bitter, nor is the Water of Jalap a Purge ; but the Water of Penny-royal has all the Virtue of the Herb.

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Those Things whose Virtue lies in their Oil, yield it all by Distillation. The common Still with its Worm, is fitter for large Quantities; but in a Family, the Bucket-head Still is the most convenient for cordial Waters. Simple ones may be drawn with it, but the other does better.

C H A P. XXX.

Of Simple Waters.

A R T. I. *Penny-Royal Water.*

Gather Penny-Royal just when it is going to flower, cut to Pieces three Pounds of it fresh, and put it immediately into the Still with six Quarts of Water, let it stand all Night, and the next Morning distill it; put a Piece of brown Paper daubed over with raw Flour and Water-paste, round the joining of the Head and the Body, and make the Fire brisk; distill off a Gallon. This will be excellent Penny-Royal Water.

2. *Mint Water.*

Cut up a Quantity of Spear Mint when it has just begun to flower, cut to Pieces four Pounds of it, and put it into the Still with two Gallons of Water; light the Fire directly under it, close the Head on with Flour and Water-paste, and distill off a Gallon. This will be strong and excellently good.

3. *Pepper-Mint Water.*

Cut up Pepper-Mint just when it is going to flower, and cut to Pieces three Pounds and a half of it, put it into the Still with seven Quarts of Water; light the Fire, close on the Head, and draw off a Gallon. So easily

as this are all the Simple Waters made. They require no more Trouble than cutting the Herb to Pieces, putting it into the Still with Water enough, and drawing off as much as is strong and good.

The fresh Herbs make them best, but they will be very good from the dry, otherwise we should not have named them in this Month, when fresh Herbs in Flower cannot be got. For this Purpose they are to be cut in Summer, just when they are beginning to flower, tied up in small Bunches, and hung on Lines at a Distance from one another to dry. When they are thoroughly dried they must be put up in Boxes, and then when they are wanted for distilling at this dead Season, they are to be taken out, cut to Pieces, and distilled with the same Quantity of Water, and in the same Manner, only with this Difference, that less is to be used of the dry Herb by Weight, than of the same green. Thus, as we have ordered three Pounds of fresh Penny-Royal to be used for a Gallon of the Water, two Pounds of dry Penny-Royal is enough for the same Quantity. In the same manner, in general, two Thirds of the Weight of an Herb answers when it is dry; for it is principally the watery Part that goes off in drying, the Virtue almost all remaining; so that there is more of it in a smaller Compass. Many prefer dry Herbs for distilling on all Occasions, but this is weak. Nothing can be added to an Herb in drying, so that it cannot get any new Virtue, and something may go off with the watery Part, though in most that be little. For this Reason fresh Herbs are best when the Season affords them, and the dry are only to be used when it does not.

C H A P. XXXI.

Of Cordial Waters.

HAVING laid down the Principles of distilling with Spirits, in the twentieth Chapter, we need only add the Instances here.

A R T.

A R T. I. *Strong Cinnamon Water.*

Beat to a grofs Powder a Pound of fine Cinnamon, put it into a Still, pour on it a Gallon of Melaffes Spirit, and let it ftand four and twenty Hours, often ftirring it. At the End of this Time pour in a Gallon of Water, then make the Fire, and faften down the Head of the Still.

Difolve a Quarter of a Pound of the fineft Sugar in three Pints of Spring Water, and let it ftand by.

Let the Fire be gentle, and place a Veffel under the Pipe; diffill off three Quarts and a Pint, then add to it the Sugar and Water, fhake all well together, and let it be fet by for Ufe. This is the fineft Cinnamon Water that can be made.

This Manner of drawing off lefs than the Quantity of Spirit, and making it up to one fifth more than the Quantity with Water, is a Practice not commonly known; but the Cordial Waters of all Kinds, made in this Manner, are vastly preferable to any others.

All the Spirit of a Gallon runs off in three Quarts and a Pint, fo that nothing is loft by ftopping the diffilling then; and the whole five Quarts is as ftong when mixed up with Water as if it had all run from the Still. The laft runnings of all Waters have a faint ill Taffe, which is prevented this Way from coming into the reft; fo that there is no Lofs of Strength in this Practice, and the whole is cleaner and finer.

Sugar is a great Addition to the Flavour of all the Ingredients in Cordial Waters, and fhould always be added in this Manner, and in this Quantity.

Whoever will follow thefe Rules, will excel the Apothecaries in their own Art.

2. *Aqua Mirabilis.*

Beat to a grofs Powder an Ounce of Nutmegs, three Quarters of an Ounce of Mace, half an Ounce

of Cinnamon, and a Quarter of an Ounce of Cloves, put them into a Still with a Gallon of Melasses Spirit, and three Quarts of Water, and immediately make the Fire. Distill off three Quarts and a Pint, and add three Pints of Water, with a Quarter of a Pound of fine Sugar dissolved in it.

This is a fine Cordial, the Name is Latin, and signifies the *Wonderful Water*, and it very well deserves that Title.

3. *To make Rossoly, the true Italian Receipt.*

Gather fresh Damask Roses, Orange Flowers, Jessamy Flowers, Cloves, and July Flowers; pick them clean, set on some Water to boil, when it has boiled well, let it stand to cool a little. Put these clean Flowers into a China Basin, pour the Water upon them when it is no hotter than to bear the Finger in it, then cover it up, and let it stand three Hours.

Gently pour all into a fine Linnen Bag, and let the Water run off without squeezing the Flowers. To a Pint of this Water add a Quart of fine Melasses Spirit, and half a Pint of strong Cinnamon Water; add three Tea Spoonfuls of Essence of Amber-grease, and stir all well together. This is the true Italian Rossoly.

We are sensible this cannot be made in the present Season of the Year, but having promised these true Italian Receipts, and having more of them than can come into one or two Numbers, we have given one here.

S E C T. IX.

*Of the CONDUCT of a FAMILY with
respect to HEALTH.*

WE shall, under this Head, treat of the Diseases most frequent in this Month, and of their Cause and Cure.

C H A P. XXXII.

Of Diseases and their Remedies.

UNDER this Head we shall comprehend a succinct Account of the reigning Disorders of this Season of the Year, their Causes, and the Remedies which have been found most successful in their Cure.

A R T. I. *Of the Disorders most common in January.*

The Spring and Autumn are the two Seasons most subject to Diseases, because of the Change of Weather at those Times, which affects the Body greatly ; but there are also Disorders which are most frequent in the Midst of Summer, and others in the Midst of Winter : Those of the latter Class, come under Consideration here, and we shall instance them, with their Remedies, first cautioning the prudent in general, against running into the Occasions of them.

The Severity of the Season brings on some of these, and the great Care with which it is avoided, brings on others.

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Let him who would keep his Health in this severe Weather, direct his Care to two Articles; first, the not exposing himself too much to the Weather, and next the not locking himself too entirely out of it. Colds and all their Consequences arise from a too careless Exposure to the Inclemencies of the Season; and nothing on the other Hand is more unwholesome than too hot Rooms.

Air ought to be of a certain Temperature to fit it for supporting animal Life; it is often heated beyond this due Degree, in those very warm Rooms which have large Fires, double Doors, and other such Contrivances. The Disadvantage is of two Kinds from this, in the first Place the Air is rendered unfit for breathing; and in the next, the Body has been kept in so unnatural a Condition of Heat, while we are in them, that it is almost impossible to avoid catching Cold in going out.

For these Reasons, the Conduct for preserving Health at this severe Season, is to take Care of being too cold without Doors, and too hot within: A Medium is best in all Things, and it is no where more needful to be observed than here. Having thus laid down the best Rules we are able for the preventing Illnesses at this Season, we shall add Remedies for those which are what People mostly fall into, whether for want of Care, or notwithstanding all that can be taken.

2. *Coughs.*

One of the most natural Effects of a Winter's Cold, is the bringing on a Cough, and frequently this will not leave the Person till Summer: To avoid the entailing so troublesome a Complaint upon ones self, the following Method should be observed. First, be let Blood, about ten Ounces, then take the following Mixture: Put into a half Pint Vial five Ounces of Hyssop Water, add to it an Ounce and half of Oil of Sweet Almonds, and the same Quantity of Syrup of
Balsam;

Balsam; then drop in sixty Drops of Sal Volatile Oleosum: Shake it together and it will be white like Milk. Take two Spoonfuls once in four Hours, always shaking it. This, with keeping properly warm, often is sufficient for a Cure.

3. *Hoarseness.*

Nothing is more troublesome than a fixed Hoarseness, nor is any Complaint whatsoever so likely to fix itself upon a Person when once it is got; therefore Care should be taken in Time: First, if it be slight, and have come on suddenly, keeping the Throat particularly warm, and a little Sweat, will often perfectly cure it.

Let the Person drink white Wine Whey going to Bed, and tye a Slip of Flannel about the Neck, first dropping Spirit of Hartshorn upon it; and wear something warmer all Day.

If this does not Cure the Complaint, let the Person be blooded, and repeat the Sweat at Night, and take the following Mixture: Dissolve half an Ounce of Sperma Ceti in the Yolk of an Egg, add an Ounce of Pectoral Syrup, and six Ounces of Milk Water; then drop in an hundred Drops of the Asthmatick Elixir. Take four Spoonfuls of this Night and Morning, and keep the Feet particularly warm, for their being cold or damp will do a great deal toward preventing a Cure.

4. *Gout.*

This is a Season at which the Gout is apt to be very troublesome to those afflicted with it. We are not about to prescribe a Cure for it from any Secret of our own; but the Duke of Portland's Remedy deserves the highest Commendation. The Quantity of Powder advised to be taken is so great, and the Continuance of taking it so long, that it has disheartened many; but there is a Way of getting its Virtues in a
Tincture

Tincture in this Manner: Put three Ounces of the Powder, which is sold at every Apothecaries, into a Quart of Lisbon Wine, and add to it four Spoonfuls of Brandy; shake this up twice a Day, for four Days together; then let it settle, and the next Day begin to take it: A Wine Glass is to be drank every Morning and Evening. It is no more than a Bitter, but not a very pleasant one; however it will grow familiar in Time. There must be a fresh Bottle prepared as the first grows toward the Bottom, and this is to be continued for two Years or more. The Trouble of taking it is but little, and it strengthens the Stomach, and mends the Appetite; and greater Effects have been produced by taking it in this Manner, than even by the Powder: That is so coarse a Medicine, that it often passes through the Bowels, taking little Effect; but the Tincture is lighter and finer, and it gets immediately into the Blood. No Medicine whatever has done so much good in this Disease.



S E C T. X.

Of the Management of Cattle and Poultry.

WE shall treat of these separately under two Heads, first regarding their general Management, and next their Disorders, and the Remedies for them.

C H A P. XXXIII.

Of Cattle.

AS we have set out with a Design to make our country Reader a compleat Housewife in every Article, we shall give a short Account here, of the Management

Management of every Thing that concerns the Family. The Uses of Poultry are so many, that they demand the Attention of every Family in the Country; and there are other Creatures so easily raised, and so profitable when raised, that they are worth every ones Regard. We shall from Time to Time give the needful Instructions for the Sake of those who have them already, or may chuse to rear them.

A R T. I. *Of Cattle.*

January is a very proper and profitable Month for the raising the Young of all Kinds of Animals. Calves reared at this Time, bring Veal for a very proper Season in the Family, or get a good Price in the Market; but they must be reared with Care.

Lamb is also valuable at this Time; and a proper Care must be taken both of the Ewe and her Young, to have it in due Perfection, and prevent Accidents.

Pigs are also very profitably raised this Month.

Calves that fell sometime before, are to be housed and fed with Milk, and with a little fine Hay put in cleft Sticks, and set in different Parts of the Stall, to tempt them to eat dry Meat.

The young Cattle are to be gelt also at this Time, for they never bear that Operation so well as when they are sucking.

If any of these young Animals are bought, the Care must be to chuse them healthful, which is known by their good Condition, the Smoothness of their Coat, and the Brightness and Liveliness of their Eyes.

Care and Tendernefs, and a constant Attendance are required at this Time in breeding them up; they must be kept warm and clean; their Dams Milk is the best Food, and when they are to be fattened, all that is needful is the keeping them very quiet, and supplying them well with Food.

A Chalk-stone is usually put into the Calf's Stall while he is feeding up for Market, or for the Table at

Home. This does not contribute to the fattening of him, but it makes the Veal white. This must be hung up by a String, for if he fouls it he will not like it afterwards, otherwise he is very fond of it, and the Chalk prevents his getting Purgings, to which the Calf is otherwise very liable.

CHAP. XXXIV.

Of the Ordering of Poultry.

ART. I. *Fowls.*

IF there be young Chickens at this Time, they must be kept within Doors, for the Cold destroys them. This is a bad Month for hatching them, but if there happen to be any they must be carefully tended, and they will come to a Bigness for the Table at a very acceptable Season.

Let Care be taken that they have good Water; a great many Chickens go off by Disorders, and half of those arise from Want of Care in that Article only.

The Choice of this Kind is in picking the large white-legged Breed. When the Hen forsakes them, which she always does as soon as they can shift for themselves, is the Time of fattening them.

They are to be taken up, put in Coops in a darkish Place, and fed well for a Fortnight. This will perfectly prepare them for the Table; Plenty of Food and Rest are the two only Articles, and the Darkness keeps them quiet.

The best Method of cramming them is with a Paste made of Wheat Flour and Milk. This Paste must be made into long Pellets and wetted with Milk, and then put down their Throats.

The Dung should be carefully saved, for it is a very rich Manure, and it is never so good as while they are fed in this Manner.

Capons

Capons may be very well made this Month; they are to be taken as soon as they begin to crow, the Testicles are to be taken out, and the Wound heals of itself without any Trouble. This is called carving a Cockerel.

2. *The Turkey.*

The Turkey lays in Spring, so that it's young are grown up by this Time, and *January* is a very good Month for the fattening of them. They are naturally in good Case in Winter; and to fatten them they are to be put up and fed for a Fortnight with Barley or Oats boiled till they are soft, and after that they must be crammed like Fowls. Barley Meal and new Milk are to be made into a Paste together, and they are to be crammed with large Pellets of it.

The Turkey must not be kept up as the Chicken, for then it will sicken; neither must it have too much Liberty, for then it will get no Good by the feeding. They should be housed at Evening, and let out in the Middle of the Day for Sun and Air, but not suffered to go too far. They must be crammed only once in the Day, and that must be in the Morning; but they should have Corn thrown to them while they are out, to prevent their going too far to seek for it. There are several Breeds of the Turkey. We shall shew how to chuse them in those Months when it is most proper to buy them in. This is the best Season for feeding them up for the Table.

3. *The Goose.*

Geese thrive best where they have Plenty of Room and a damp Common; they breed of themselves once, or sometimes twice a Year, and breed up their Young without any Trouble to the Owner. They breed in Spring, and the Beginning of Winter is the Time when they are grown to their full Size. We shall speak
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of the Green Goose in the proper Months, which are May and June, and of the Stubble Goose in September. But as Geese may be fattened at this Time for the Table, we shall give the Method of doing it. Let them be kept quiet, and fed sufficiently with Oats boiled till they are soft, and let them have Milk and Water for their Drink, sprinkling a little Barley Meal into it, which, going down with their Drink, will greatly help their Food in fattening them. In this Manner they will be very well fatted in a little more than a Fortnight.

Frequently the Goose will grow sick while she is fattening; but in this Case the Remedy is easy; only set a Plate of small Gravel before her, and she will peck up some of it, and presently recover her Health and Appetite.

• 4. *The Duck.*

Ducks are kept in the Country at very little Expence, and fattened with very little Trouble. There are many Kinds of them, but almost all very hardy. When there is Room for them to run about, and but a moderate Quantity of Water, they will very well take Care of themselves all the Year, except just in the hardest Weather; and they may at any Time be fattened for the Table.

To this Purpose they are to be taken up, put in a Pen in a quiet Place, and Corn and Water are to be set before them. No more Trouble is necessary, they will take Care of themselves, so they have a constant Supply. Any Kind of Corn will do, and they will be fat in a Fortnight.

S E C T. XI.

Of the Disorders of Beasts and Fowls, and their Remedies.

WE shall in this Chapter endeavour, in the first Place, to give the Reader a perfect Notion of those Disorders of Cattle and Poultry, which are very well known by Name, but little understood farther; and in the next deliver proper Remedies for each. But this first Precaution is very necessary, for it is in vain to have the best Medicines in the World if we do not know how to distinguish the Disorder; those which are proper for one being destructive in another.

C H A P. XXXV.

Of the Disorders of Cattle, and their Remedies.

A R T. I. *Of the Calf.*

THE Calf, while it is fattening, is liable to two Disorders chiefly; these are a *Purging* and *Worms*. The first shews itself sufficiently, and the other is known by it's Restlessness and rolling about, tossing up it's Head, and loathing it's Food.

For the purging, scrape a little of the Chalk, and mix Bole-Armoniac with it; give him this in Milk twice a Day, and if it does not cure him, then mix among it a very little Piece of Diascordium made without Honey. This rarely fails.

For Worms, boil a Handful of Savine chopt small in a Quart of sweet Wort, and give it at three Draughts, one every Morning the first Thing, making him fast half an Hour after swallowing it. This commonly makes a perfect Cure.

2. *Of*

2. *Of Lambs.*

The usual Disorder of Lambs at this Season is a Chillness from the great Cold of the Air, which takes away their Appetite and Strength : The great Remedy therefore is keeping them warm, but when that alone is not sufficient, let them have Milk and Water to drink, in which has been first steeped some whole Ginger and a little Elecampane Root bruised. Sometimes the Lamb, while very young and tender, is starved for Want of the Ewe's having Milk enough for it's Support. In this Case a Change of Pasture, which is commonly the best Remedy, will signify little, because of the Time of the Year. The Ewe should have the following Draught every Morning. Boil an Ounce of Aniseed, half an Ounce of Cumminseed, and half a Pint of Tares, in two Quarts of Water till it is reduced to one Quart ; when it is near done, put in three Spoonfuls of Virgin Honey, and let half a Pint be given at a Time, and the best Food that can be procured.

4. *Of Pigs.*

Pigs, like the young of other Kinds, are very subject to Purgings, which waste their Strength and prevent their Food from nourishing them : In this Case, if the Pig be young, give it every Morning a Quarter of a Pint of Verjuice and Half a Quarter of a Pint of new Milk mixed together.

If it be in a more advanced Age, give it Acorn-husks and Beans among the Food : Let the Meat be of the dryest Kind, and allow it but a moderate Share of Water. This does not take an immediate Effect, but it cures the Disorder slowly and securely. Another Complaint to which Pigs are liable, and which is very hurtful to them, is a Swelling of the Spleen ; this is discovered by their Uneasiness and frequent crying ; by their rolling about in Pain, by a dim look
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in their Eyes, and by their loathing their Food at Times, and eating ravenously of it at others ; and by their reeling and going on one Side. No Pig can thrive or be fattened to any Purpose while this Disorder is upon it. The Remedy is this : Bruise some Wormwood, and work it about in a Marble Mortar with some new Ale, add a little Honey, and then squeeze out all the Liquor ; give the Pig a Quarter of a Pint of this at a Time, every Night, an Hour after he has done eating.

C H A P. XXXVI.

Of the Disorders of Fowls and their Remedies.

A R T. I. *Of the Chicken.*

THE most frequent Disorder of Chickens is the Pip. This is a white thin Scale growing upon the Tip of the Tongue ; when they have this they pine, and cannot eat : This is a Disorder easily cured, but the Care is to prevent its Return. Pull off the Scale from the Tongue with your Nail, and rub a little fat upon the Place ; but as the Cause of the Disorder has been Want of Water, let them be well supply'd with it for the future, and let them have it fresh and clean : Dirty Water is very unwholesome for them ; but the entire want of it always brings on the worst Disorders.

Another Disorder which is called the *Roup*, and if not cured in Time, is very destructive. This is a Boil that grows always near the Rump ; it is known by the continual Uneasiness of the Fowl, and by the staring and turning back of the Feathers in that Place : The Feathers must be pulled off and the Boil open'd with a Pen-knife, and well washed with Milk and Water ; after this it should be rubbed over with a little yellow Basilicon, and the Fowl turn'd loose.

This

This Ointment will hang about the Place till the Wound is perfectly healed.

2. *Of Geese.*

Geese are Subject at all Times of their Lives to a very terrible Disorder called the *Gargil*; this is a Stuffing up of their Heads, and it makes them pine and mope, and in the End kills them. This is owing to their eating a Rank unwholesome Grass that grows in wet Places. The Remedy is this; beat in a Marble Mortar Half a Head of Garlick, and mix with it a Dozen Juniper Berries; when they are well bruised together, put in some fresh Butter and a very little Flour, to give it a Body; make this into Pellets like small Crams, and give three of them to the Goose every Morning, keeping her shut up two Hours afterwards without Food.

3. *Of Turkeys.*

The worst Disorder to which Turkeys are liable is a Purging. This pulls them down, and prevents the Possibility of fattening them while it lasts. It seldom takes them but when they are kept up for fattening; for when they run at Liberty, Nature teaches them to provide for themselves: This has been seen in their seeking Remedies for their own Disorders, and we cannot do better than to follow that Example.

When a Turkey that runs wild has a Purging, she tears up the Roots of Cinquefoil or five-leaved Grass, a Plant common by Way Sides, and eats off the Bark, leaving the sticky Part. This is a very good medicinal Root, and its Virtue lies all in the Rind, as Nature has shewn this Creature. Therefore when Turkeys that are kept up for fattening fall into a Purging, let Roots of Cinquefoil be dug up, and the Rind chopp'd small and thrown in among their Meat; they have no dislike to the Taste, and it will always certainly cure them of that Disorder.

S E C T. XII.

Of the Garden and Orchard.

THIS is a Season at which very little is produced in the Garden or Orchard, and very little is to be done in them: However as there is no Time at which we may not gather some Pleasure or Profit from them, there is none in which we may not do something to them. What can be done in both Kinds this Month, we shall shew in the two succeeding Chapters.

C H A P. XXXVII.

Of the Management of the Garden.

WHAT can be done this Month in the Kitchen Garden, will in a great Measure depend upon the Weather: If very hard Frosts continue, the Ground will not bear working, and all that can be done is to get Things in readiness against it will.

If it be a little milder, the Beds are to be dug up for Spring Crops; and you may sow Radishes, Carrots, Lettuces, Spinage, and young Salleting, all which will come in good Time; and Windsor Beans may be sown.

Hot Beds should be now prepared against Spring, and Seleri should be blanched; and the Mushroom Beds well covered, to preserve them from the Severity of the Weather. Endive may be transplanted, and new Asparagus Beds earthed up if there be Shoots. Cauliflower Plants, and the young Cucumber, and

Melon Plants, if you have any so early, are also to be carefully watched.

Carrots and Parsnips are to be transplanted into warm Borders to stand for Seed, as also Cabages and Leeks.

A gentle Hot Bed may be made also for raising Mint; as also Carrots and some other Roots, to be transplanted out when the Weather permits, for early Service. Some Pease may also be sown in warm and sheltered Places.

In the Flower Garden the Beds of Animonies and Hyacinths should be covered with some light Covering if not come up, and if they are, Hoops should be put over them, and covered with Mats; but they must be uncovered whenever the Weather is fine. Hyacinths and Narcissuses should be covered with Tanner's Bark, to defend the Earth from the Frost. All Seedlings of Flowers must be covered in bad Weather, and the Auriculas must be picked clean and earthed up, and the Carnations defended from Frost and cold Rains. Some moderate Hot Beds are to be made also at this Time for sowing the choicer Sorts of annual Flowers in the open Air, such as the Amaranths and the like; and some Flower Seeds may be sown, as Polianthes and Auriculas.

C H A P. XXXVIII.

Of the Orchard.

WHERE there are Espaliers, this is the Time to mend and repair them with new Poles, where wanting, and good Fastenings wherever they are loose. The Earth is to be dug also about old Fruit Trees, and it will be very proper to dig in some old and perfectly rotted Dung about them; that which comes from old Melon Beds or the like, is very fit for this Purpose.

At

At the same Time dig and prepare the Borders that are for young Fruit Trees, laying in a good Depth of a loamy Soil.

Grafts for early Fruits are to be cut at this Time, and laid in the Earth in a warm dry Place.

If the Weather prove moist, this is a good Time for cleaning the old Trees of Moss, and cutting off the dead Branches, making the Stumps smooth and even. Hardy Fruit Trees may be also pruned at this Season; as Pears and Apples, Gooseberries and Currants. The Roots of new planted Trees are to be defended from the Cold by covering with Mulch, and the Fig-Trees should be covered with a Reed Fence, or with Mats.

This is all that can be done in the Garden and Orchard in *January*.

Conclusion for JANUARY.

THE careful Reader has now gone through, in a very small Compass, a great Variety of Matter; and though the Bounds allotted to each Article, in a Work that is in so few Pages to comprize so many, render it naturally concise on each; yet we hope the Directions have been clear.

The Distribution of the several Matters throughout our whole Work, so as to render every Part of it regular, intails on us a Necessity of dividing the various Articles under each Head in a certain Manner, and the Judicious will see that it has not been easy to avoid a very great Number of Heads in some, and to find any for others. We name this Difficulty as a Plea for Candour in his Judgment of us, that if there should any where appear an Article not essential to the Month, he may consider whether any other could have supplied it's Place; and that where some, which might very well have come into this Number in point of Time, are omitted, he may perceive that it is to

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avoid

avoid too great a Multiplicity of Articles under one Head, which would have rendered it disproportioned to the others, and that these will be in Season as well in the succeeding Month, and will therefore have their Place in due Time.

One Thing we have also to observe farther, as to the Method we have followed, which is this: That as the whole will be a complete Body of Cookery and Housewifery, so we shall endeavour to make every Part of the Work, as compleat in itself as the Nature of the Subject will bear. We have intended to give such Directions in this first Month as shall alone be sufficient for the general Information of the Housekeeper, or Mistress of a Family, and Instruction of the common Servant; beside the many difficult and elegant Particulars which are designed for those who are already more accomplished in each Way. This has occasioned our introducing many Things in their particular Places, and enlarging on certain Articles; and we hope our Care on this useful Head will not be construed to our Disadvantage.

We see in the Scope and Compass of our Design many of the most needful Subjects of Œconomy, which have been hitherto neglected; and we propose to bring them more fully into Light, explaining their Nature and Advantages. This we shall do in the succeeding Numbers, partly from what is valuable in Books, but principally from what Assistance we have received from the Communications of others, and from our own Experience.

THE
COOK, HOUSEKEEPER's,
AND
GARDINER's COMPANION.

F E B R U A R Y.

S E C T. I.

*Of the Nature of fresh Provisions,
Pickles, and Preserves.*

C H A P. I.

Of fresh Provisions in general.

WE have given in the first Chapter, for the Month of *January*, a Catalogue of fresh Provisions from the several Sources; from Land and Water; from wild and tame Creatures; a vast Variety of which God has given us for the Support of our Lives, and of which they who refuse to partake, abuse the Benevolence which gave them.

Health may make it necessary to be abstemious from certain Kinds, and Fancy may be disgusted at particular Things; but while these are favoured or humoured, let the whole Field be open to those who have better Appetites, better Health, and easier Tempers.

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It is true that the first Men eat no Flesh. Adam was not allowed it in Paradise : but our Condition is deprived of his Happiness, therefore we are to allow it all innocent Indulgences. When our great first Father was driven from his State and Place of Happiness, he was still commanded to feed on the Fruits of the Earth ; the only Difference was, that these arose spontaneously in the Garden, but in the Field he was to toil to rear them : Still he had not Commission to eat Meat ; and hence many have supposed, that Meat is not a natural or lawful Food for Man ; neither fit for his Constitution, nor intended for him by his Maker ; but they err : A little reading misleads ; more sets them right again. God who gave Adam no Orders to eat Flesh, gave that Liberty in express Words to Noah : And his Descendants were ordered to eat of every Thing that moved and lived, as well as every Thing that grew ; nor are we to suppose this an Indulgence without Reason, he who appointed it, acts only according to Wisdom. Adam had a stronger Frame of Body, and therefore a plainer Nourishment supplied him due Strength ; the human Nature was degenerated in the Days of Noah, and he required a richer Food. Some Substance of the Nature of his Flesh and Blood was needful to supply the Waste of them ; and so it is to us in general ; therefore he was commanded to eat them. The Creator of the World who knows all Things, has therefore appointed the Flesh of Animals for our Support ; and that whole Compass of Foods laid down in the preceding Month, of Right belongs to us ; we Act according to our Nature, and in Obedience to the Commands of our Creator in partaking of them.

Thus much we have judged it necessary to say against those who think there is Religion in starving themselves. The Preservation of our Lives is a Duty, and proper Foods are the only Means.

Men did not taste Flesh for two thousand Years after the Creation ; and there are Indian Priests who
never

never eat any Thing but Herbs at this Time: But the Constitution of Man is altered, as we have seen, since the first Days, and the others are Pagans.

As the whole Store of the Earth, Air and Waters, is open to us with Moderation, there is no Reason why we should not, within the same Limits, indulge our Palates by the various Ways of dressing them. Every Thing is faulty in excess, and this would, when carried to an extravagant Pitch, become Luxury, but that should be avoided. Our Virtue therefore need not be shocked at consulting the Indulgence of our Appetite, nor need our Understanding. If any suppose it unbecoming a wise Man to like a good Dish, we shall answer him in the Words of the French Philosopher. *Do you Philosophers, says a gay Marquis, eat Dainties? Do you think, replied Des Cartes, God made good Things only for Fools?*

CHAP. II.

Of foreign Articles pickled, or otherwise preserved.

TO the several Kinds described in our first Number, we shall here add the following.

A R T. I. *Mangoes.*

The Mangoe is a large Fruit of the Nature of a Plum sent over in Pickle; the Tree which bears it is larger than our Plum Trees, and is called the Mangostan. The Fruit, when ripe, is as big as a Man's Fist; they gather it when near ripe, and lay it a few Days to wither a little. After this, they put it into Vinegar with Spices, Garlick, and Drugs, such as Galangals, and the like.

The Tree is the Produce of the East-Indies, and of some Parts of America. The Fruit has a Stone in it of the Nature of that of a Plum.

We imitate this by preserving young Melons of the Mango Size, in the same Kind of Pickles. We shall hereafter shew the Method of doing this. It makes a very good Pickle, and some prefer it to the right Mango; but they are altogether different, except in the Taste the Ingredients give them.

2. *Olives.*

Olives are the Fruit of Trees, commonly wild, in the warmer Parts of Europe, and kept with us in the Gardens; but with us they do not ripen perfectly.

There are three Kinds of Olives, the Italian, Spanish, and French. We have them therefore of various Sizes and Flavours, and some prefer one, and some the other Kind.

The fine Salad Oil is made from the same Fruit. For this Purpose they are to be gathered ripe; but for sending over in the Pickles they are gathered when about half ripe, or less than that. They are naturally, as they grow on the Tree, very bitter; so that a great deal of Pains is required to bring them to their fine Flavour.

The Olives for pickling are gathered at the latter End of June; they then put them in fresh Water to soak for two Days; after this they take them out, and throw them into a strong Lime Water, in which some Pearl Ashes have been dissolved. They lie in this Liquor six and thirty Hours, and after that they are thrown into Water which has Bay Salt dissolved in it; this is the last Preparation, and they are sent over to us in this Liquor. Some are sent over without any Addition, but to others they add a small Quantity of Essence of Spices. This is an Oil drawn from Cloves, Nutmegs, Cinnamon, Coriander, and sweet Fennel Seed distilled together for that Purpose. Twelve Drops of this is enough for a Bushel of Olives. Some prefer them flavoured, but others like them best plain.

3. *Soy*:

A Liquor not unlike Catchup in Colour or Taste, but with a higher and richer Flavour. It is brought from the East-Indies, where it is made from Mushrooms and Spices, as we make Catchup; but the Mushrooms are of a particular Kind, and they use Ingredients, which we do not, by way of seasoning, which is the Reason of it's very different Flavour.

The Mushroom, from which Soy is made, grows in Woods; it is of a purplish Colour, and is wrinkled on the Surface like a Morel. They gather this in the Middle of the Day, and wash it in Salt-water; they then lay a Quantity of them in a China Dish and mash them with their Hands, and sprinkle over them a little Salt and beaten Pepper. The next Day they press off the Liquor, and add to it Galangals and Spices; they then boil it up to a due Strength, and at last of all throw in a very little Salt. In this manner it keeps many Years. What they used to send us over at first was very strong and fine, and all of a Kind. At present our Traders have beat them down in the Price, so they make it carelessly with different Ingredients, and do not boil it up to half the Strength.

These are the principal few Ingredients of the Class we are now treating. We have been the more particular in describing the Methods of preparing them, that the Reader may perfectly know what they are; and that the foreign Custom of pickling may give some Hints to our own People. To these Articles, received from abroad for the Service of the Table, we are to add the Oils, and we have then the whole Store of foreign Assistances before us.

4. *Of Oils.*

There are a great many Kinds of Oil used for various Purposes, and obtained from different Seeds and Fruits; but only one Fruit is the Source of that used at our Tables, however different that be in Name and Qualities. All these Oils, however distinguished according to the Places from whence they are brought, or by other Names, are the Produce of the Olive.

This is the same Fruit we eat pickled, only for that Purpose, as has been shewn already, it is gathered long before it is ripe; and for the Oil it is suffered to hang upon the Tree, and afterwards pressed, just as they are rotted by lying, till it be perfectly mellow.

After these ripe Olives are gathered, in order to make the common Salad Oil, they are laid upon Heaps to ripen farther, or to sweat, and are then ground in Mills to a Paste. This Paste is boiled in great Quantities of Water and strained, and lastly pressed. The Oil separates itself from all the rest of the Matter, swimming at the Top of the Water, and thus becomes clear, pure, and fine, as we see.

The Differences we find in Oil are principally owing to the manner of making it. All Heat hurts the Flavour of the Oil, but it increases the Quantity to be got from the Fruit.

Some Olives are pressed as soon as they are gathered, when of a proper Ripeness, without lying or boiling. This Method yields what is called *Virgin Oil*, which is the finest of all the Kinds, but the Quantity is very small.

A second Kind of Oil inferior to this, but much better than the common Sort, is made by pressing the Olives after they have lain some time, without any Addition. This produces a larger Quantity, but it is not comparable to the former.

We have shewn how the common Kind is made already by the Assistance of sweating the Olives after gathered,

gathered, and boiling Water. We very rarely see either of the other Kinds, except among curious People, and such as will give a great Price.

We have Oil from most of the warm Parts of Europe, but it is different in Purity and Value, according to the greater or lesser Care that is taken in making it, the Methods being various in different Places: In some they pique themselves upon making it fine, and in others upon the Quantity they produce.

The Italian Oil is in general the finest; that of Lucca and Florence are of high Character. There is excellent Oil made also in many Parts of France. We have a worse Kind, cheap, and in great Quantity, from Genoa, which is used by the Barbers, and for other mechanical Purposes.

In cold Weather Oil congeals; and its Purity may be guessed by this Appearance; for, the finer the Oil, always the smaller are the Lumps. Virgin Oil is the finest of all in this Respect.

In the Choice of Oil we are to be guided by the Taste and the Smell. In general any Taste and any Smell is a Fault, for the Oil should be quite pure and insipid, its only Quality being its Softness. But this is not altogether the Case abroad, for the pure Virgin Oil has a Flavour of the Fruit, which is extremely agreeable.

5. *Of Truffles.*

These are a Kind of subterraneous Mushroom; they never appear above Ground in their natural State, but commonly lie about ten Inches deep. They are very common in France and Italy, and we have them also in many Parts of England.

They grow in the Manner of Mushrooms; and, after they come to Ripeness, rot in the Earth, and young ones grow in great Numbers from every old Truffle that thus decays. They are at first very small

roundish, and of a dusky redish Colour on the Outside, but redder within. As they grow larger their Surface becomes more deep and dusky, till it is often near black at last, and their inner Part in the mean Time grows whiter and whiter. When full grown they are larger than a Pigeon's Egg, and are rough, wrinkled, and cracked on the Surface. They split when perfectly ripe, and among their white Substance there are found exceeding small black Grains; these are the Seeds: They are let loose in the Earth by the breaking to Pieces of the old ones; and this is the Reason the Truffles are found in Clusters, the Seeds not being separated as those of ordinary Plants are, by the Winds.

The Truffle has a very rich Taste, and a very high Flavour when fresh, but it loses both in a great Measure in drying, and serves only to soak up a good Gravy, from which it gets more Taste than it gives.

While in the Earth their Flavour rises as they ripen; so that the Hogs, who are very fond of them, know where to search for them; and they have in Italy also a Kind of Dogs that they train up to search Truffles by the Smell. We have had some of these Dogs in England, and they would tear up the Ground where the Truffles lay, so as to know the right Places for digging for them.

In Italy, and some other Parts of Europe, they have white Truffles; ours are in general of a dusky Colour. They are best and richest in Spring in those Countries.

We know very little of their Value, because we cannot often have them fresh. They are excellent roasted in the Manner of Chesnuts, and they are eaten in other Parts of Europe with various Sauces, fried or boiled. We only use them dried, in our made Dishes.

When they are fresh dried they have a great deal of their natural Flavour, but we seldom meet with them in that Condition; what we commonly see at the
Shops

Shops are little better than so many Pieces of Chip, without Smell, Taste, or any the least Value.

6. *Of Morels.*

Morels are so far of the Nature of Truffles that they belong to the Mushroom Kind, but they do not grow under Ground; they rise in Ditches and by Wood Sides, where the Ground is light and the Place shady. We have them in England, but they are more common and richer in Flavour in the warmer Parts of Europe.

The Morel grows three Inches high, and of the Bigness of an Egg. Its Colour is a dusky whitish, clouded over as it were with a purplish or blackish Smoak, and its Surface is rough like a Honeycomb.

The Morel is of a higher Flavour fresh than dry, and is best for all Uses in that State. We seldom meet with it in that Condition, and it loses much in drying.

In buying them Care should be taken that they are dry, fresh, or new and sound; and in the using them the greatest Caution is required to see that they are clean; for from their Place of Growth, and their spongy Substance they are very apt to get Dirt and Sand into them, which is not easily got out again.

C H A P. III.

Of Spices, Salts, Sugars, and other Ingredients used in pickling and preserving at home.

TO the Articles described under this Head, in the Month of *January*, we shall here add the following.

A R T.

ART. I. *Of Ginger.*

Ginger is a Root common in the East-Indies, and also in many Parts of America. It belongs to a Plant which has Leaves like Flags, and short Stalks rising separately, on which are small Flowers. The Root spreads just under the Surface. The finest is brought from Calcut in the East-Indies, but we have very good from other Places. They have a Way of preserving it fresh and very fine in the East-Indies, and also in America. They dig it up in Autumn, and, after washing it, spread it on a Kind of thin Hurdles, supported on Treffels. When the Air comes to it, it quickly dries. The best is such as is soundest, and of the yellowest Colour within.

2. *Of Pepper.*

We have properly two Kinds of Pepper, the black and the white. As to the Cayon and Jamaica Pepper, they are neither of them properly of the Pepper Kind, tho' called by that Name.

There are two Kinds of white Pepper; one is made by steeping black Pepper in Sea Water, and then getting off the Skin; the other is the Fruit of a different Plant, tho' very like that of the black Pepper in Form.

Both these are long trailing Plants, they have jointed Stalks, and great oval Leaves; the Flowers hang in Bunches from the Joints or Knees of the Stalks, and are small; and the Fruit, which is the Pepper, follows them: This is green at first, then reddish, and of a deep Purple when ripe; it grows black and wrinkled in drying.

The Pepper is gathered in November, and the white is larger and milder than the black; it is the Produce of the East. Such Pepper as is largest, soundest, freest from Dust, and smoothest, is the best.

There

There is another Kind called Long Pepper ; but this is rather a Drug than a Spice for the Kitchen ; it is as long and thick as a Child's Finger, and is of the same Nature with common Pepper, but milder.

This is the Fruit of a Plant not unlike the other Pepper Plant.

2. *Of All-spice.*

The Spice is called Jamaica Pepper, from the Place of it's Growth, and All-spice because it has the Taste of all the others. It is the Fruit, not of a Plant, as the Pepper, but of a large and tall Tree. This Tree has great broad Leaves, and Bunches of small Flowers ; after which comes the Fruit, which is gathered when ripe and dried in the Shade, and is then sent over to us. It is to be chosen large, full, heavy, and of a bright Colour. It is a very good Spice for common Uses, but it is not at all comparable to the other Kinds in Flavour.

These are the several Spices we use. As to those Roots the Indians add to the Number, they are little worth our Notice. The Galangal is a reddish short Root, of a very hot Taste ; and the Turmerick is yellow on the Inside. They use this last as we do Saffron ; and in the East they scarce make any considerable Dish without it.

3. *Of Salts.*

As Vinegar and Sugar are the two Ingredients for preserving vegetable Substances. Salt answers the same Purpose to the animal Kinds. Of this there are two really distinct Kinds, and from them many Variations, according to the manner of making, which are called by separate Names, and used as different Things.

The two Kinds are common Salt and Salt-petre. The first is made from the Sea Water, or the Water
of

of falt Springs, or is dug out of the Ground. The other is collected from old Walls, or the Cliffs of Rocks in a rough Slate, or is made from certain Earths, and afterwards refined. We have the Salt-petre rough from the East, and we refine it here. The common Salt of several Kinds is dug or made in Europe.

Of the common Salt Kind there are four principal Kinds, Sea Salt, Bay Salt, Basket Salt, and Rock Salt.

Sea Salt is made by boiling and evaporating Sea Water in great Pans over the Fire. Bay Salt is made by evaporating the Sea Water in Pits, clayed on the Inside, only by the Heat of the Sun. Basket Salt is made by boiling away the Water of Salt Springs over the Fire. And Rock Salt is dug out of the Ground, and, when very fine, it is called Salt-Gemme.

The two Kinds of Salt-petre go by different Names; that which is purified is called Salt-petre, and that which is rough, as it comes from abroad, is called Peter-Salt.

The French make their Salt-petre at Home, from the Rubbish of old Walls, and we might do the same. The pure Salt-petre is stronger than the other.

As to the various Kinds of common Salt, the Basket Salt is the mildest and weakest of all; the Sea Salt is of a middle Nature, and the Bay Salt is roughest of all. This is owing to the manner of making them. The more gentle the Fire or Heat is, the stronger will be the Salt. The Rock Salt is seldom used with us, but in many Countries they have no other. In some Places they melt this in Water, and boil it into a Kind of Basket Salt. The Bay Salt is preferable to the others for most Uses.

4. *Of Sugar.*

Sugar is the Produce of a kind of Reed growing in the East and West-Indies, called the Sugar Cane. The

The Reed is of the Nature of our common Kind, only a vast deal larger, and the Sugar is made of it's Juice boiled up to a Consistence. In the first Production it is very coarse and brown, but it is easily refined, the black or dusky Part running off in Form of Treacle, and leaving the Sugar fine and clean. The Canes, when ripe, are cut into Lengths, and broken in a Mill, and the Juice, fresh squeezed, is just boiled up and skimmed. From this it is removed into a second, third, fourth, fifth, and sixth Copper; in all which it is mixed with Lime Water and other Ingredients, and the Fire is made brisker under every one than the last. In the last Copper it is boiled to a Sort of Syrup, and reduced to one Third of it's first Quantity.

In this Condition it is fit to be boiled, purified, and hardened into all the Kinds of Sugar we see. The coarsest Kind is very brown and damp, and is called Muscovada Sugar. After this it is made into the common brown Sugar, then into white Powder Sugar, and into Loaf Sugar, single, double, and treble refined. These several Sugars are fit for various Purposes; but some Care is to be taken, when the finest are used, to buy them pure, for many bad Tricks are used in the preparing them. I have seen Powder-blue settle from fine Sugar in Tea; and Powder-blue is made from a Mineral called Cobalt, which is poisonous.

CHAP. IV.

ART. I. *Of the Nature of Foods, and suiting them to Constitutions.*

WE have before given the Reader a general Idea of the Nature of Provisions, we are here to caution him in the proper Manner of selecting and using them, for the Continuance of Health or Recovery from Sickness. Our Constitutions are greatly impaired

paired in their Nature from the original Times, and we impair them more by Intemperance. It is not in our Power, by the most careful Conduct, to prolong our Lives to the Length of those of the Patriarchs, but we can make them much longer than they would otherwise be, and we can by this Means make them also more comfortable to us than they otherwise would be. These are two great Concerns, and these depend more upon our Diet than all other Things. The Physician may restore us when we have hurt ourselves, but we can prevent the Danger: This is only to be done by understanding the Nature of our Food, and of our Constitutions, and suiting one to the other.

The great Difference of Foods is, that some Kinds are easier digested than others. We have already observed which these are, and they are to be suited accordingly, as also according to the Quantity of their Nourishment. The great Use of Cookery is to render them easier of Digestion, and this is its best Recommendation. Our Ancestors in the earliest Time lived upon the Products of the Earth and Milk, and they were much more healthful than we. At present we may at any Time save the Effect of a Dose of Physick, or bleeding, by feeding on Diet that is less rich in Nourishment.

Again: Those who use much Exercise may eat the stronger Foods; and those who are of tender Constitutions, and use little Exercise, must eat the most tender Meats, and they should be prepared for Digestion by a proper dressing; the Intent of which should be to make them tenderer than by Nature. Foods that are too soft and moist are bad for People of robust Constitutions, and the strong and rich are destructive to those which are more delicate, unless they be prepared by the dressing. The Reader will see many elegant Dishes in the Course of this Book, in which the strongest Foods are rendered fit for the tenderest Constitutions. But these are the only Forms

in which they can be eaten. There are three Rules by which we may always determine with Certainty whether Foods are hard or easy of Digestion: Those Animals that come soonest to their Growth have Flesh the easiest of Digestion; those Meats that are white are easier of Digestion than those which are redder; and the Lean of Meat is easier than the Fat; but it should be that Lean which belongs to fat Meat, because it is tender.

There are Cases in which all Flesh is bad; these require Vegetables, Puddings, and the like, a great Variety of which will be described in the succeeding Chapters.

As to the Degree of Nourishment in different Parts of Animals, the firm Flesh has most, and the younger they are the easier their Flesh is of Digestion. As to their Entrails, those of young Animals are easier of Digestion than those of old. The Liver is the easiest of Digestion, and the most wholesome: Kidneys are hard, and the Heart is harder, and the Melt is the least wholesome of all. The Guts of Animals are tough, and naturally hard of Digestion, but as they are managed and prepared in Tripe, they are very good and nourishing. Lambs Stones are easy of Digestion, and very rich in Nourishment; so is the Brain of the Calf, and other young Animals; and Sweetbreads are of the same Nature, but somewhat richer. The Lights of young Animals are also easy of Digestion, but they are rather an wholesome than a pleasant Food.

The Tongues of various Creatures are eaten, and the Feet and Ears of some, but they are fit only for strong Constitutions, being hard of Digestion, and affording a very coarse Nourishment.

As to Meats of the different Kinds, their Character is easily established. Beef is full of rich Nourishment; it is the properest for those who are of the bilious Constitution, who have great Spirits, a good Stomach, and use Exercise. Mutton is the universal

Meat ; it agrees with all Constitutions, digests easily, and affords excellent Nourishment. Veal is tender and delicate ; it is fittest for the tenderest Constitutions, and for those who use not Exercise ; it at once nourishes and cools the Body. Lamb is somewhat of the Nature of Veal ; it is tender and innocent, and should be eat by People of bilious Constitutions, but is not so well for those of the phlegmatick Kind.

As to Hog Meat, it differs according to the Creature's Age ; nothing is tenderer or easier of Digestion than this when it has been properly fed and managed, and is young ; but nothing is worse when it is old, hard, and ill managed : In general it agrees best with the hardiest Constitutions, and People who use the most Exercise. Venison, when young, is an excellent and wholesome Food, but when it is old there is scarce any Meat harder of Digestion. The Goat Kind, more than any other, resemble the Deer, but they are good only while very young ; the sucking Kid is nearly equal to the Fawn, but Bull Beef is not more rank than a Goat that is grown to any Age. The Hare is also of this Nature ; when young it is rich, easy of Digestion, and nourishing, but when old the contrary in every Respect. The Rabbit approaches to the Nature of the Hare, in that it is very nourishing when young, and hard and unwholesome when old ; but this Creature should not be eat too young, for then it is watery and bad.

As to Fowls, their Age makes the same Kind of Difference ; nothing is tenderer than a Chicken, and few Things are tougher or harder of Digestion than an old Cock or Hen. The Turkey is richer than the common Fowl. The Duck is but a coarse Nourishment ; the wild is better than the tame, and the young than the old ; and the Goose is one of the least wholesome of our common Foods ; it is fit only for healthy People, of strong Constitutions. As to Fish, they are in general of a light Nature and easy Digestion, and some of them are very nourishing.

In general, he who compares what we have said here of the Nature of different Foods, and of the Variety of Constitutions, will not find it difficult to adapt them to one another in this Manner. The Person of a sanguine Constitution should eat with Moderation among the several Kinds, abating from the Quantity of Flesh, and eating the tenderer Kinds when he is disordered. The Person of a bilious Constitution should eat less of the stronger Meats, and not so highly seasoned; whereas the phlegmatick may use these high Dishes to enrich his poor Mass of Blood. The melancholick should eat less Meat than Fowls or Fish, and he will find it always healthful to supply the Place of Beef with Veal, and to eat Lamb instead of Mutton.

This concise View it has been judged proper to give in this Place of the general Fitness and Unfitness of the various Kinds of Food to various Constitutions; this is to be considered as a Summary, and the several Matters will hereafter be treated more distinctly under their proper Heads.

S E C T. II.

Of Marketing.

C H A P. V.

The Bill of Fare for FEBRUARY.

WE shall arrange our Catalogue of Things in Season in *February* under the four general Heads of *Flesh, Fish, Fowl, and Garden Stuff*; delivering the several Particulars under each Article.

A R T.

A R T. I. *Butchers Meat.*

This is, in a manner, in Season at all Times ; but we shall here name those Joints and Pieces which will come in most properly, whether in a Family Manner of providing, or at a genteel Table ; adding, in what Manner they are best dressed, and what should be sent up with them, this being a very necessary Article.

Soups agree best of all with a cold Season, and they therefore never make a more proper Article in a Bill of Fare than now. We shall give Directions for such as are most proper for this Month in the fourteenth Chapter. The same good and substantial Pieces of Beef, and the same Joints of Mutton that were named last Month, are equally proper now. The Sirloin of Beef, the Chine of Mutton, the Calf's-Head, and the Quarter of Lamb, all come in very properly ; as do also the boiled Leg of Pork and Turnips, the Rump of Beef boiled with Greens, and the Pig roasted.

Hare also continues finely in Season, and a Fricassee of Rabbits is very proper.

Ham and Chickens, with Sprouts or Brocoli, is excellent ; or, to be very fashionable, this Dish should be sent up with Lupines. Bacon and Greens with a boiled Fowl are also very proper now. Scots Collops are very proper, and Beef Marrow-bones make a very good lesser Dish, sent up properly with Toasts carefully baked.

2. *Fish.*

A Cod's Head boiled is proper ; Whittings, Flounders, and Plaise, are also in Season, and may be broiled or boiled ; Soals also are in excellent Season. Beside these fresh Fish, from the Sea we have salt Fish, and Sturgeon is never better.

From the Fresh Water we have Eels, which may be pitchcocked, broiled, or boiled ; and the Pike for
roasting

roasting with a Pudding in his Belly. Carp and Tench continue also in Season, and make a very proper Dish richly stewed.

Lobster is also in Season, and Prawns ; and from the pickled Herring we may send up a Salmagundy, which, when dressed in the best Manner, is a high Dish.

3. *Fowl.*

The common Fowl never is in better Season ; and the Turkey is excellent with Oister Sauce, boiled. Chickens roasted, with Asparagus, is another *February* Dish, very handsome ; and we have Squab Pigeons, which, when they are of the right tame Kind, are very fine.

The wild Fowl, mentioned last Month, continue perfectly in Season, and, in particular, Quails are in fine Order naturally this Month.

4. *Garden Stuff.*

The Greens in Season in *February* are Cabbages, Savoy, Baccoli, and Brocoli, Coleworts, Spinage, and fine Sprouts. Small Salleting also comes in Abundance, especially if the Weather be a little mild, or may be raised at any Rate with proper Care ; and the Beds, which have been properly managed, yield Mushrooms in sufficient Plenty.

Endive also and Celeri are in great Perfection ; and there is Chervil, which is better in Soups than most of the Herbs commonly used for that Purpose. The Asparagus of this Month depends upon the Season for it's Goodness ; it is best on the Hot-beds made in December, and if there be a little Sun to colour it, will be very good, otherwise it is but sickly.

Among the smaller Herbs there are Parsley, Sorrel, Thyme, Winter Savoury, and Pot Marjoram.

The Roots in Season in *February* are Carrots, Parsnips, and Turnips, Beets and Skirrets, Salsify and Scorzonera,

Scorzonera, Jerufalem Artichoaks, and Potatoes; also Onions, Leeks, Garlick, Shallots and Rocambole. The Fruits of this dead Season are principally Pears and Winter Apples. Of the former Kind may be had the Bon Cretien, Winter Ruffelet, the Union, the Pickering, the black Worcester, and the English Warden. These four last are for baking. Among the more curious Kinds yet to be had are the Bugi, Winter Citron, Bessy de Cassoy, Cheyne's Green, Portrail, and Saint Marshal; and, for baking, the Cardil are a very fine Kind. The Apples in Season are the Nonpareil and Golden Pippin, the Golden Ruffet and Aromatick Pippin, the Holland, French, and Kentish Pippin, the Stone Pippin, John Apple, Harvey Apple, and Pile's Ruffet; the Wheeler's Ruffet, Winter Pearmain, Pome de Api, and Hautebon; with some meaner Kinds.

There is some Care and Attention required to learn the Names of these; but, when once known, they are easily remembered, and nothing is more to the Housekeeper's Credit than being thoroughly acquainted with them.

C H A P. VI.

Of the Art of marketing or chusing fresh Provisions.

WE have given the Rules for judging of many Kinds of fresh Provisions in our first Number. We shall here add the same Kind of Directions for several others, and shall caution the Housekeeper to be most wary on these Heads, because it is on these, more than the preceding Kinds, that the Art of the Seller is employed to deceive her.

A R T. I. *Of Fish.*

We have hitherto been treating of Things that are in Season all the Year, what Directions have been
given

given therefore for marketing under those Heads, hold good at all Seasons, and need not be repeated hereafter. We now come to Fish and Fowl, which have their Times of coming in and going out, and shall therefore, in the present Number, speak only of such as are in Season this Month, and reserve the others for those to which they belong.

2. *Of Carp.*

The principal Difference of the Carp arises from it's *Size* and it's *Sex*. Large Carp are always better than small, and the Male is preferable to the Female, for it's *Flesh* is always firmer.

Carps are also of three Kinds, according to the Nature of the Water; some are caught in Rivers, some in Ponds, and some where the Water is a little brackish from the Sea being near. The River Carp is vastly the best, but it is scarce in most Places. The Pond Carp is the common Kind. Those in brackish Water grow large and fat, but they are ill flavoured.

As to Colour, the yellower the Carp always the better; and the Largeness and Brightness of the Scales is a Sign of Goodness.

As to Freshness, that is a great Article; but the Carp will live so long out of Water that it should always be bought alive.

The Sex is known by squeezing the Belly, and observing what comes out at the Vent. If they be bought dead, the Way to know whether they be fresh is to examine the Gills and the Eyes; if the former be red, and the latter full, there is no Doubt of the Goodness of the Fish.

3. *Of Tench.*

Tench is so much of the Carp Kind that most of the same Rules hold for it. The larger it is the better, and it should be bought alive. When otherwise, the

Way to judge of its Freshness is to examine the whole Body, the Gills, and the Eyes. The Tench is covered with a slimy Matter like the Eel; if this be clear and bright it is a good Sign. The Body should be firm and stiff, the Gills hard to open and very red, and the Eyes bright and standing full. If the Gills look sad coloured it is an ill Sign; but if they are not tainted the Fish is yet sweet, for they shew the first Sign of Badness.

4. *Of Turbot.*

The Turbot is a Sea Fish, broad, without Scales; brown on one Side and white on the other. The Excellence of the Turbot is to be thick, plump, and firm. Many value this Fish for the pearly Whiteness of his Belly; but that is an Error: Pearly white is bluish, but where it is yellowish or Cream-coloured 'tis better. This Colour of the Belly shews the Fish to have a firm Flesh, the others are looser. A thin Turbot always is poor and flabby.

5. *Of the Soal.*

This is a flat Fish, of a longish Shape, brown, and rough on the Back, and white and smooth on the Belly. The larger the Soal always the better.

As to the Choice, the finest are those which are thickest and stiffest, and the Buyer should see they are fairly paired. They will match better than any other Kind of Fish whatever; but the Sellers are apt to mismatch them on purpose, shewing the best for Sale. The Belly is sometimes of a blueish and sometimes of a yellowish white, as the Turbot; and when it is yellower, the Fish is always the firmer and finer. When the Body of the Soal is firm it is fresh, and when soft and flabby it is spoiling.

6. *Of*

6. *Of the Flounder.*

The Flounder is a flat Fish, short, broad, and thick in Proportion. The Back is brown, the Belly white. Usually the Back has no Spots; sometimes it is spotted with yellow, as also the Fins. They are caught in the Sea and Rivers, and they will live in Ponds.

For the Choice, the thickest are best. If fresh, their Bodies are firm and their Eyes full and bright; when otherwise they are to be rejected. The purer the white of the Belly the better.

7. *Of Plaife.*

The Plaife resembles the Flounder, but it is something longer and narrower, and the Back and Fins are spotted with round red Spots. It is a good Fish, but inferior to the Flounder.

When fresh, the Body is firm and the Skin bright, the Eyes also shew its Condition by their Fulness and clear Look.

8. *Of Dabs.*

The Dab resembles the Flounder, but it is broader in Proportion to its Length, is generally thicker, and it has no Spots. It is a tolerable Fish, but inferior to the Flounder or Plaife. When fresh it is firm, stiff, and of a clear Colour; when it looks muddy and feels flabby, it should not to be purchased.

9. *Of Cod.*

The Cod resembles the Whiting, but is darker on the Back, and has yellow Spots; it is also usually larger, the Head is thicker also, and the Eyes larger. When a Cod is cut, the Whiteness of the Flesh is a

great Mark of its Goodness ; when entire, the Thickness about the Neck shews it to be in Perfection. The Gills should be red within and open stiff, and the Eyes should be full and bright ; if it be limber 'tis a Sign it is decaying. The Fins should be full and handsome, for when they shrink that also is a Sign the Fish is decaying. The Fishmongers throw Water over them to prevent this, but they will shrivel up notwithstanding. When the Skin looks bright and lively it is also a great Mark of Freshness.

10. *Of Scaite.*

The Scaite is a large broad Sea Fish. The Female is always much better than the Male ; and in both Sexes the thicker the better. It should be firm in the Flesh, and of a bright clear Colour ; when it is flabby it is decaying.

11. *Of Thornback.*

This is of the Nature of the Scaite, but smaller and prickly. It is to be chosen thick, firm, and of a bright Colour. If the Eyes are sunk and dead, the Fish is certainly decaying, and if the Sides are flabby it shews the same.

12. *Of Whiting.*

The Whiting seldom grows large, and is thinner in the Body and paler on the Back than the Cod, which in other Respects it resembles. The Firmness of the Body, and the Freshness of the Gills and Fins, shew it to be good.

After these we shall consider the Shell Fish, and what are called the crustaceous Kind.

13. *Of Oysters.*

The Perfection of the Oyſter is in its being alive, healthy, and properly relished. As to the several Kinds, those we are to take as we find them. These Rules of judging of the Goodness of each hold for all.

Oysters, when fresh taken out of the Sea, are too salt; afterwards they by Degrees lose this. They will fatten if kept in Tubs, and Bay Salt is the best to throw over them in this Case, for it gives them the true Flavour.

Oysters should always be eaten in the Shell the Moment they are opened, for they die quickly, and lose all their Flavour. They are known to be alive and vigorous when they close fast upon the Knife at first, and let go as soon as they are wounded in the Body. The Perfection of other Shell Fish consists in the same Articles, and is known in the same Manner. They all become poor, and lose their Flavour, when they have lain a few Minutes out of the Shell.

14. *Of Lobsters.*

The Lobster differs according to Sex, the Male and Female being easily distinguished. The Male is commonly the smaller, the (Females only growing to a vast Size) and there is never any Spawn under his Tail: But this is an uncertain Mark, the Female being at some Seasons without it. The back Part of the Tail is narrow in the male and broad in the female Lobster, and the two uppermost Fins are stiff in the Male and limber in the Female: These are certain Instructions. The Male is preferable. He has the highest Flavour in the Body, and his Flesh is firmer, and his Colour when boiled redder than the Female.

The Newness or Staleness is a great Article. 'Tis best to buy them alive, for the Fishmongers often let them live as long as they can, and boil them when dead. In this Case the Flesh has not half the Flavour.

In general the heaviest Lobster is the best, but they must be examined to see they have not Water in them.

For the Freshness let the Tail be examined. When new it is firm, when stale flabby, and will not return with a Spring after pulling back.

The Tail is to be broke to see whether they be full, for if they be the Meat there fills up the Shell, and the Skin over it is redish.

The Smell is next to be consulted, and the Place to examine is where the Tail and Body join. When a Lobster is fresh there is a very pleasant Scent in this Part, when stale this taints first of any.

When the Lobster is spent, on breaking the Tail the Flesh is seen shrunk and flabby. The Tail should be opened about the Middle for this Purpose. When there is a Peg in the Claw, pull it out to see if there be Water in the Shell; and observe if there come out a red soft Matter at the Joints, for that is a Proof 'tis bad and wasted.

15. *Of Crabs.*

The Crab taints sooner than the Lobster, and no Fish shews it so easily. When the Crab is in Perfection the Joints of the Legs are stiff, and the Body has a sweet Smell. As soon as it begins to decay the Joints are all limber: The Eyes look dead and loose also as the Crab grows stale, and its bad Smell quickly discovers it.

16. *Of Prawns and Shrimps.*

The Prawn is very delicate when new, but it very soon loses the Height of its Flavour, and soon after decays. To know whether this Creature be in Perfection first smell to it; 'tis of a very agreeable Scent when fine, but very bad in the Decay. The Prawn is firm and stiff when fresh, but limber when it grows bad. The Tail also discovers this, for it turns stiffly inward when the Prawn is fresh, but it grows limber afterwards. When fresh their Colour is bright and they feel dry, when they begin to decay they grow clammy and pale.

Shrimps are of the Prawn Kind, and they are to be judged of by the same general Rules.

17. *Of Fowls.*

These are of two Kinds, the wild and tame; and many of either Sort are in their highest Season at this Time of the Year. We shall direct the Housekeeper in the Choice of these, and treat of the others in their Place.

18. *Of Woodcocks.*

The Woodcock lives with us only in Winter, and is a high flavoured Bird. It should be thick and firm, for that is a Proof 'tis in fine Condition. As to the Newness, if the Feet be limber, and the Head and Throat clean, and there be no Rankness in the Smell, there is no Doubt. When stale, the Feet grow dry and stiff, and the Mouth and Throat foul.

19. *Of the Snipe.*

This is very much of the Woodcock Kind; it should be plump, fleshy, and firm. The Feet are
a great

a great Article in judging of the Freshness of this also, for they always grow dry and stiff when it is stale.

20. *Of the Wild Duck.*

The wild and tame Duck differ naturally very much in the Feathers, but the Breeds are so mixed, that sometimes they come very near one another. The right wild Duck has a smaller Foot than the tame, and it is reddish. To know whether it be fat, examine the Belly; this should be thick, full and firm.

21. *Of Ruffs and Rees.*

These are the same Species, Male and Female; the Ruff is the Male, and has a fine Collar of Feathers.

To know whether they be fat the Rump is to be examined; when that is fat the Body is so. For the Freshness, examine the Feet; if they be pliable and soft, the Bird is new; if harsh and stiff, it has been killed some Time.

22. *Of the Pheasant.*

The Pheasant is a wild Bird, of the Cock Kind, very beautiful, and of a fine Flavour. The Cock and Hen differ. The Hen, when with Egg, is greatly valued. The Cock has Spurs, the Hen has not. To know if a Cock Pheasant be young, examine these Spurs, they should be short and blunt, or rounded. If they be long and sharp, he is old. The Hen is to be examined by the Vent, to know whether she be with Egg; if that be open and soft, it is a Sign she is. But this must be understood when fresh, for, when stale, the Vent naturally becomes open and loose.

23. *Of Pullets.*

The Cock and Hen are eaten at all Ages, and in all Conditions; but the Pullet that has not begun to lay

lay is the best. The Cockerel at the same Age is also good ; this is known by the Spurs, for at this Time they are short and blunt. The Smoothness and Tenderneſs of the Legs and the Comb are also a Mark of their being young. To know whether they be fresh killed, observe the Vent ; it is close and small when they are fresh, but it grows larger, loose, and open, when they have been kept some time.

24. *Of Chickens.*

Chickens differ in nothing from these but in being younger ; they should be about ten Weeks old, and they are to be chosen in all Respects by the same Rules as the others, but they taint sooner.

25. *Of Capons.*

The right Capon has a thick Belly and a large Rump ; there is a particular Fatness about his Breast, and his Comb is of a pale Colour. The Youth of this Fowl is a considerable Recommendation, and this is known by the Smoothness of his Legs. The Vent is the Mark to shew whether it be new, for, when stale, it is loose and open.

26. *Of the Turkey.*

We eat the Turkey young and full grown ; when young it is called the Turkey Poult ; when full grown it should be young that it may be tender ; to know this examine the Legs, they should be black and smooth, and the Spurs short and stubbed.

To know whether it be new or stale, examine the Eyes and the Feet ; if the Eyes be full and bright, and the Feet soft and limber, it is new. The same Marks shew the Freshness of the Turkey Poult, for when stale the Feet are harsh and the Eyes sunk.

27. *Of Pigeons.*

We eat wild and tame Pigeons, but the latter are vastly preferable, and accordingly bear the greatest Price. They should be large bodied, fat and tender. Examine the Rump, for that must be large, plump, and soft. When they are fresh the Feet are limber and soft; but when stale the Toes grow harsh, and the Vent becomes loose, open, and green. The wild or common Pigeon should be full bodied and tender; when red leg'd it is usually a Mark of Age. The Stock-Dove, or Wood-Pigeon, is of the Nature of the common wild Pigeon, or Dove-Coat Pigeon, but it is larger.

To these we shall add the Articles from the Dairy, and the Hen-house; and we have then gone through the whole Art of marketing for fresh Provisions.

28. *Of Butter.*

Butter is of two Kinds, the fresh and the salt, and these are to be judged of in a different Manner; the fresh by the Taste, and the other more by the Smell.

In tasting fresh Butter 'tis best to take a Piece out of the Middle of the Lump, for 'tis often better at one End than elsewhere; this is the Cunning of the Seller. Its Excellence is in its perfect Sweetness and light Flavour.

In trying salt Butter use the same Method as in Hams; thrust a long Knife into the Tub, and smell to it when taken out; if it be rank 'tis nought. 'Tis prudent to make this Trial in several Parts of the Tub, for it may be better in one Part than another.

29. *Of Cheese.*

Cheese is liable to three Faults; these are Mites, Maggots, and Decay by Rottenness: To guard against these

these it is to be chosen in this Manner; the Coat should be moist and tolerably even, and free from Holes. A dry harsh Coat is a Token of Mites; and Holes shew it subject to Maggots. As to Rottenness, some makes it valuable, therefore examine its Nature, and when it appears on the Outside see how far it goes, and remember it is a spreading Mischief.

30. *Of Eggs.*

No Article in the Market requires a nicer Judgment than an Egg; its great Value is its Freshness; so that it may lose a great deal of it before any absolute Decay; but when it comes to that State it is one of the filthiest Things in Nature. We shall shew how to judge of it in every Article. To know whether an Egg is quite new, hold it up to the Sun, or to a Candle; if quite fresh the White will be clear, the Yolk round, and the Shell full: These are the three Articles. When the Shell is a little empty, it has been kept some Time; if the White be muddy, it is growing bad; and if the Yolk be broken they are rotten.

Throw Eggs into a Bowl of Water and such as are rotten will swim, and the freshest will sink the most readily to the Bottom.

Hold the great End of an Egg to the Tip of the Tongue, and the Heat will shew if it be good, for the Tongue is so delicate it perceives it. If the Egg be cold it is certainly bad.

Many Ways have been proposed for keeping Eggs fresh; as the putting them up in Bran, in Ashes, and the like; but the best of all is this: Melt a little Sewet over the Fire, and dip the Eggs one by one in it. This will stop the Pores of the Shell that they cannot waste, and they will keep a long Time.

We have thus gone through the Art of marketing for fresh and store Provisions of all Kinds; there remains only one farther Article of Consideration on this

Head, and that is the Produce of the Garden ; but the Eye so well distinguishes the Freshness of these Articles, and the Way of judging is so universal, that it were idle to deliver separate Rules on that Head.

In general Freshness is the only Value and Excellence of all these ; and they shew the Decay in all respects very plainly. Roots when fresh are Plump and firm, and as they decay they grow flabby, soft and wrinkled : In the same Manner Greens are firm, and have a lively Freshness when new gathered, that no Art can give them again when it is lost : therefore in this Respect one Rule stands good for all, they must be plump, fresh, and lively.

C H A P. VII,

Of Store Dishes.

Directions have been given in the preceding Month for chusing these ; we shall here lay down the Manner of making such of them as fall within the Compass of the British Housewife ; some being only to be had from abroad.

A R T. 1. *To make Bacon.*

Cut off all the Inside fat from a Side of a Hog, lay it on a Dresser, and let it lie for the Blood to run away ; then salt it carefully and thoroughly on both Sides with common Salt, rubbing it well in : Let it lie thus a Week, then beat in a Marble Mortar a Quarter of a Pound of Salt Petre, add to this a Pint of Bay Salt, beat them together pretty fine, add a Quarter of a Peck of common Salt, and grind this well with them ; then put in two Pounds of Coarse Sugar ; lay the Side in a shallow Trough, and rub in this Mixture as you did the Salt, that it may penetrate and cover every Part : Lay the Outside down-ward

ward in the Trough. These Ingredients will melt and make a great deal of Pickle ; let this be poured upon the Side every Day for a Fortnight ; it is then preserved but wants drying : Let it be hung up in a Place where Wood is burnt, and when it is well dry'd keep it in a dry Place.

The best Manner of preserving it is to hang it up from the Cieling, that the Air may come freely to it every Way ; and let the Place be airy, but not hot : Hanging against any thing always spoils Bacon ; and Heat makes it rusty.

2. *To make a Ham.*

Cut off a fine large Ham from the hind Quarter of a good sizeable Hog ; grind an Ounce of Salt Petre in a Marble Mortar, put to it a Pound of common Salt, and a Pound of coarse Sugar ; rub them well together, and cover the Ham with this, working it well in ; lay it in a large Pan and pour the rest of the Mixture over it ; this will melt into a fine Pickle : Let the Ham be turned in it every Day, and well basted with it ; let it lie thus a Month, and then be hung up in a Place where there comes Wood Smoak, and where there is little Heat : When it is thoroughly dryed it is fit for Use ; but it will keep a long time, and when there is Opportunity, it is best to give them a Sort of Preparation, by hanging them in a damper Place before they are dressed, for a Month ; this will take a great Effect upon the Flesh, making it excellently tender : If they grow a little mouldy in this Hanging, it is so much the better, for they will not be tainted on the Inside though covered with it.

3. *To make Dutch Beef.*

Rub over the lean Part of a Buttock of Beef, bleeding fresh, with a large Quantity of brown Sugar ; lay it in a Pan with the Sugar for three or four Hours, turning it once in an Hour.

Beat

Beat three Ounces of Salt Petre and an Ounce and Half of Bay Salt to Powder, grind with them two Pounds of common Salt; rub the Beef well with this and lay it in a fresh Pan, put the rest to it, and let it lie twenty Days, turning it every Day.

Take it out of the Pan, roll it up in a coarse Cloth, and put it into a Press; press it hard, and let it stand in the Press four and twenty Hours; then take it out and hang it in a Chimney, where Wood is burnt, to dry.

When this is to be used, it must be tyed up in a Cloth and boiled, and then set by to be cold; it then cuts beautifully.

S E C T. III.

Of C O O K E R Y.

C H A P. VIII.

Of Roasting.

IN the Month of *January* we gave the necessary general Directions for roasting, and added Instances of it in some common Pieces of Meat. We shall here continue the Subject, laying down the Method for doing those Things that are nicer and more difficult.

A R T. I. *Pig.*

A Pig requires very nice and careful roasting; the two Ends must be much more done than the Middle. For this Purpose there is an Iron contrived to hang before the Middle of the Fire called a Pig-Iron; and when the Cook has not this, she must keep her Fire fiercest at the two Ends, and poorer in the Middle.

Before

Before the Pig is laid down, a Mixture must be made of Sage, Pepper, Salt, and about half an Ounce of Butter. This is to be put into the Pig's Belly, and it is to be sewed up with coarse Thread.

It is then to be laid to the Fire, and floured all over ; and is to be kept thus floured till the Crackling grows hard, or till the Eyes drop, which is a Proof 'tis near enough.

When the Gravy begins to run, a Couple of Basons must be set in the Pan to catch it carefully.

When the Pig is near enough, finish it in this Manner. First brisk up the Fire, then put a Quartern of fine Butter into a coarse Cloth, and rub the Pig all over with it. The Crackling will by this Means be quite crisp ; and the Pig is then fit to be taken up for the Table.

Let the Dish be set, and lay the Pig in it on the Spit ; then with a sharp Knife cut off the Head, and split it in two down the Back, then take away the Spit.

Cut off the Ears and lay them at each End, and cut the the under Jaw in two, and lay on the two Sides. Mix the Brains and the Sage, bruise them well together, then melt some Butter with the Gravy that was saved, and mix the Brains and Sage with it, and pour it into the Dish for Sauce. This is the plain Way of dressing a Pig ; we shall give others in their Place.

2. *Hare.*

The first Preparation for the roasting of a Hare is making the Pudding that is to be put into it's Belly, and this is done as follows : Take Suet and Crumbs of Bread, each a Quarter of a Pound, a little Parsley, and a very little Thyme ; as much of this as will lie upon a Six-pence is sufficient. Shred the Herbs very fine, and mix them with the Bread and Suet ; then grate in some Nutmeg, and cut some fresh Lemon Peel very small ; add a little Pepper and Salt, one Anchovy

Anchovy cut fine, and two Eggs ; rub all these together, to mix them thoroughly, and then the Pudding is ready.

Make up a very good Fire, put this Pudding into the Belly of the Hare, and sew it up with strong Thread, and, spitting the Hare, lay it to the Fire.

Let the Dripping-pan be perfectly clean, and put into it half a Pound of Butter and a couple of Quarts of Milk. Keep the Fire brisk, and baste the Hare out of the Pan ; when it is nearly all consumed the Hare will be enough.

The Liver of the Hare is often mixed in the Pudding, but it is better without it. If it be mixed, it must not be put in raw, but parboiled first, and then chopped very fine, and mixed with the rest.

3. *Of Rabbits.*

Some roast Rabbits Hare Fashion, the Method of doing which we shew hereafter. For the plain Roasting, little Time or Trouble are required. Let the Spit be clean, and the Fire brisk ; then lay down the Rabbit, and twenty Minutes roasts a young one, or half an Hour the largest. They must be basted with Butter, and drudged lightly and carefully with Flour, that they may be taken up frothy, and of a fine light brown. While the Rabbit is roasting boil its Liver with some Parsley ; when tender, take them out and chop them together ; melt some Butter, and divide the Parsley and Liver into two equal Parts ; one Part stir into the melted Butter, the other divide into half a dozen small Parcels, and lay them round the Dish.

4. *To roast a Turkey.*

When the Turkey is ready to lay down, twist up a Sheet of large, clean, white Paper, (there is a large cheap Kind called *Demie*, which should be used for
this

this Purpose) light it, and thoroughly singe the Turkey all over, turning it about over the Flame.

When singed, paper up the Breast; then make the Fire brisk, and lay it down. Baste it with a Piece of Butter, and drudge it lightly with Flour. The largest Turkey will be done in an Hour and a Quarter, a middling one in an Hour, and a small one in ten Minutes less.

When it is plumped up, and the Steam draws in toward the Fire, it is nearly enough; then take off the Paper, baste and drudge it a little again, and froth it up for the Table. Some made Gravy should be sent up with it in the Dish, and Bread Sauce, or Onion Sauce in a Bason.

5. *To roast a Goose.*

As there is a Distinction in the Season of Geese, according as they are young or full grown, so there is in the Manner of Dressing.

For a full grown Goose the Method to be observed is this: Prepare some Seasoning for the Belly thus: Chop some Sage and an Onion fine, sprinkle over them some Salt and Pepper, and, rolling all in a Piece of Butter, lay it ready to be put into the Goose's Belly.

Let the Goose be picked clean and wiped; or rather let it be managed thus: Have about a Gallon of River Water scalding hot, dip the Goose in it, and keep it under about two Minutes, then take it out, pick it, and wipe it dry. The Feathers will come off this Way more easily and perfectly than any other, and it takes off something from the great Strength of the Goose's Taste. For such as love that high Flavour this scalding may be omitted, and the Onion may be left out of the Seasoning when any Person dislikes it: This must always be consulted according to the Taste of those who are to eat it. Which ever Way the Goose is prepared, when it is clean picked,

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wiped,

wiped, and dry, let the Seasoning be put into the Belly, and spit it, and lay it to the Fire. A midling Goose takes an Hour with a good Fire; as it is larger or smaller a Quarter of an Hour more or less will do. When first laid down it must be basted with Butter, and when half done a little Flour is to be carefully drudged over it, and it is to be finished, frothed and brown. It should be sent up with two Basons of Sauce, one Apples, the other Gravy.

A green Goose is roasted in little more than half an Hour, and no Seasoning should be put into it. These are often made flabby by too much scalding.

6. *To roast a Duck.*

Prepare a Parcel of Seasoning for a Duck as for a Goose, in this Manner: Cut some Sage very fine, and sprinkle it over with Pepper and Salt; when this is ready put it into the Duck, and spit it. Singe it with a Sheet of white Paper, and then lay it down. Baste it with Butter, and when it is near done enough baste it again, and drudge it with a little Flour to froth it up. Half an Hour, with a good Fire, is the common Time that a Duck takes in roasting.

7. *Of roasting of Fowls.*

There is little Difference between the roasting a Fowl and a Turkey, except what is owing to the Bigness of the latter. Let the Spit and Dripping-pan be clean, and singe the Fowl with some white Paper. When it is down baste it with Butter, and drudge over a little Flour; but the Breast of the Fowl need not be papered, tho' it is proper for a Turkey. When the Steam draws toward the Fire it is near enough; then baste and drudge it carefully again, and let the Fire be very brisk to froth it up nicely. Half an Hour is the Time that a midling Fowl takes in roasting, a large one will be three Quarters, and a Chicken
will

will be done in twenty Minutes. Good Gravy should be put into the Dish, and Egg Sauce, if liked, in a Bason.

8. *To roast a Pigeon.*

First prepare the Seasoning in this Manner: Cut some Parsley fine, and sprinkle over it Salt and Pepper; mix these, and roll them up with about half an Ounce of Butter; put all into the Belly of the Pigeon, and tie up both Ends close. Lay them down upon a small Spit, and baste them only with Butter before a brisk Fire.

If the Pigeons are fresh they will have this Way their full Relish, for there is no Bird that has a finer Flavour naturally, but it goes entirely off with a very little keeping; nor is it ever so well preserved as by roasting. A Quarter of an Hour is sufficient for roasting of them. A little melted Butter may be put in the Dish with them, and the Gravy that runs from them will mix with it into fine Sauce.

9. *To roast a Tongue or Udder.*

These two Dishes are to be roasted exactly alike; so that the Direction for one will serve. Suppose it the Tongue, the Method is this: First parboil it, then taking it up, stick ten or a Dozen whole Cloves in it in several Places, and put it on the Spit; lay it down before a brisk clear Fire, and baste it often with Butter; browning it up when enough.

The best Sauce is good Gravy; some eat sweet Sauce with either the Tongue or the Udder, for they are to be sent up exactly alike in all Respects.

We have thus in the Compass of a few Pages, shewn the Cook the compleat Art of Roasting in all its Branches; beginning with the plainest Joint, and so advancing to nicer Things. Many other curious Dishes are to be prepared this Way; and a great deal of Nicety

and particular Caution is to be used in roasting the various Sorts of wild Fowl : For those which are now in Season, we shall now deliver the necessary Methods ; and treat of the rest in the several other Months. We have here laid down the general Practice of Roasting, and shall now add only two Things, necessary almost continually ; the one is the keeping Meat hot, and the other the melting of Butter ; which may be considered as a Sort of universal Sauce.

10. *To keep Meat hot.*

For keeping Meat hot that happens to be ready before the Company are come, the common Way is to set it over a Chafing-Dish of Coals ; but this dries up the Gravy, and spoils the look and Flavour of the Meat. It would be better to keep it upon the Spit than this Way, because 'tis better it should be overdone than entirely spoil'd ; but the right Way is this : Set the Dish with the Meat in it over a Pot of boiling Water ; or pour boiling Water into a Pan, and set the Dish over that ; put a Deep Cover over the Dish, and a Cloth over all. In this Manner it will remain a long while, thoroughly hot, and in as good Order as when taken from the Spit.

The Cover must not touch the Meat in any Part : For the Rest there can be no Mistake in this easy and familiar Receipt.

11. *To roast Woodcocks.*

For the roasting these smaller Kind of Birds there must be a particular Kind of Spit, called from its Use, a Bird Spit : This must be small, and always kept particularly clean.

When the Spit is ready and a brisk Fire prepared, let a Piece of Bread be toasted carefully till it is brown, without being burnt. A Round of a Three-penny Loaf, or a Slice of another about that Size, is the
most

most proper. Let this be laid in the [Dripping-pan; then spit the Woodcocks without drawing them, baste them with a little Butter, and observe when the Trail drops to let it come upon the Toast. A little better than a Quarter of an Hour will roast them: When done lay the Toast in the Dish and place the Woodcocks upon it; then pour over them a small Quantity of rich made Gravy, set them together for about two Minutes over a Chafing-dish of Coals, and then carry them to Table garnished with Lemon.

12. *Snipes.*

Snipes differ little from Woodcocks unless in Size, and the same Method is required in roasting them; they are not to be drawn, the Toast is to be browned without being burnt, and the Spit to be small: For the rest, the same Practice is to be followed in all Respects, but six Minutes less does them; and they are to be sent up in the same Manner.

13. *Wild Duck.*

For roasting of a Wild Duck there must be a brisk clear Fire, for it is required to be browned upon the Outside, without being sodden within. To have it well frothed and full of Gravy is the Nicety.

Let the Spit be perfectly clean, and the Fire prepared by stirring and raking just before it is laid down, and then ten Minutes will do it.

If it be required a little more done than the fashionable Way, allow it four or five Minutes more; but if it be longer than this, it loses altogether its high and elegant Flavour.

14. *Of Widgeons and Teal.*

Widgeons and Teal are to be dressed brown and with the Gravy in them; the Excellence and Value
of

of these Things is in their high Flavour, and much roasting destroys that. Let them be dressed exactly as the Duck, only that a smaller Time is requisite for the Widgeon, and less yet for the Teal : The Goodness of the Fire is the great Article.

For the Manner of roasting other Kinds of Wild Fowl, it will be seen in their proper Months, and the Ways of dressing them with Additions, will be found in the Article of made Dishes, to which they properly belong.

C H A P. IX.

Of Boiling.

IN this Chapter we shall give the necessary Directions for boiling several Things not named last Month under this Head ; particularly Fish and Fowl. We there shewed the plainer Dishes ; here we add such as are nicer, and somewhat more difficult. The knowing well how to do the first, is the only Way to succeed perfectly in the others.

A R T. I. *To boil Pork.*

Pork for boiling is of two Kinds, fresh and pickled ; and these require a different Management. As to the fresh, it is to be managed as other Meats ; but the pickled must be treated carefully, otherwise it will be utterly spoiled. Nothing looks prettier at a middling Table than a clean piece of boiled pickled Pork, and nothing so disagreeable as the same thing dirty, as it too commonly comes up ; besides, pickled Pork is easily over-boiled, and then it comes to a kind of Jelly, losing its Flavour and Colour.

Let

Let there be a brisk clear Fire, set on a Pot of clean Water, and when it thoroughly boils put in the Pork. Watch it carefully that it continues to boil briskly, and scum it very frequently. A moderate Piece will be done in an Hour and a Quarter; a smaller or larger in Proportion. Bacon is to be boiled with the same Care. Of this we shall have Occasion to say more in those Dishes to which it belongs.

2. *To boil a Ham.*

Ham, though of the Bacon Kind, has been so altered and hardened in the particular Manner of curing, that it requires a distinct Method of dressing. A large Quantity of Water is required, so that a Copper is the best thing to boil it in; but when there is not a Copper, a large Pot must do.

Let a moderate Fire be made up, and set on the Water in time; put the Ham into it cold, and manage the Fire so that it may be three Hours before it boils. In all this Time keep scumming it carefully. At the End of this Time stir up the Fire, and make the Water boil briskly; the Ham will be done in much less Time, because of the soaking it had before. A middling one will be well done in an Hour and Half; a small one in an Hour and a Quarter; and the largest in two Hours, or a very little more, and it will be very clean.

3. *To boil a Tongue.*

A Tongue is so hard when prepared by salting and pickling, that it requires more Time soaking, and also more for the boiling than a Ham by much; but there is a great Difference between that which is salted and dried, and that which is just taken out of the Pickle. We shall shew how each is to be managed.

For a Salt Tongue let a large Quantity of Water be put into a Pan over Night, and the Tongue put in it
to

to soak, and let it lie there till Morning, then put it, Water and all, into a large Pot, and let it boil three Hours. When the Tongue is taken out of Pickle it is not to be soaked at all. In this Case set on a large Pot of Water in time, upon a good sound Fire; when it boils put in the Tongue, and keep it boiling two Hours; scum the Pot frequently while it is doing, and it will come out tender and clean.

4. *To boil Fowls.*

Under this Article we comprehend all the Kinds of tame Fowls, from the Turkey to the Chicken; for they are all to be boiled exactly in the same Manner, and according to the same Rules, only allowing a larger Time according to their Size. The Method is this:

Let a clear good Fire be made, and a clean Pot set on, with a large Quantity of pure and clear Water, and the Fowl put in. When there rises any Scum let it be carefully taken off, and half an Hour will do a large Fowl enough. A Turkey will take an Hour and a Quarter; a little more, or a little less, according to the Size; and a Chicken will be done in twenty Minutes, or a very small one in a Quarter of an Hour.

The common Method is to boil these in a Cloth for the Sake of Cleanness and a good Colour, but 'tis the same as with Lamb in this Respect, that if there be Water enough, and it be well scumed, and the Fire clear, that no Ashes are stirred up or Smoke rise, the Fowl will both look and eat better this Way than when it has been tied up in ever so clean a Cloth.

We might here insert the Method of boiling several Sorts of wild Fowl, but as none of them are done plain, we shall reserve them to that Part where we treat of made Dishes, to which they properly belong.

5. *To boil a Turbot.*

The dressing of Fish in general will come in different Parts of this Work, according to the plainer or richer Methods, and according to the Times when they are in Season. A Turbot is an universal Fish; and after proper Directions have been given for the dressing of that, there will not be any great Difficulty about the doing of such others as are to be boiled plain. It is to be done thus:

First make a slight Brine, of a Handful or two of Salt and about a Gallon and half of Water; put the Turbot into this two Hours before it is to be boiled. Set on a Fish-kettle over a clear Fire, put a sufficient Quantity of Water into it for covering the Turbot, and put to this half a Pint of Vinegar, a small Handful of Salt, and a Quarter of a Stick of Horseradish; lay the Turbot upon the Fish-plate, and put it gently into the Kettle; let it boil well, but not too long, which will be known by the Look. The Time must be according to the Size. When it is enough lift out the Fish-plate, set it over the Kettle to drain; lay it on the Dish when dry, and garnish with Horseradish and Lemon.

The best Sauce is Lobster, made by bruising a Lobster in melted Butter, and giving it a boil together.

6. *To boil a Cod.*

Set on a Fish-kettle of a Size proportioned to the Fish, and put in a large Quantity of Water; throw into it half a Pint of Vinegar, a Handful of Salt, a Bundle of sweet Herbs, and half a Stick of Horseradish split: Let these boil together a Quarter of an Hour, and then put in the Fish. Let it continue boiling till it is done enough. This must be judged by the Look, for no Time can be set in these Things, because of the Variety of Sizes. When it is

taken out and drained lay it on a Dish, with the Liver on one Side ; and melt some Butter with the Liquor of the Fish, and add Shrimps or Oysters by Way of Sauce.

Thus several other Kinds of Fish are to be boiled : A Cod's Head is also frequently to be boiled, and the Method is exactly the same.

7. *To boil Soals.*

Prepare a Brine first of all in this Manner : Put a Gallon of Water into a flat earthen Pan, add to it a Pint of Vinegar and a Handful of Bay Salt. Clean the Soals perfectly, and lay them in this Brine two Hours. After this boil them carefully in a large Quantity of clean Water, with some Vinegar, Salt, and Horseradish in it. They are innocent for a weak Stomach this Way, yet it is making but an indifferent Dish of them, considering the Value of the Fish.

They are best done in Wine, as we shall shew in the next Chapter, among the several Kinds of made Dishes from Fish this Month in Season.

8. *To boil Flounders, Plaise, or Dabs.*

These are to be boiled plain, in the most familiar and easy Manner of any Fish whatever. Set on a Stewpan that is deep, clean, and has a good Quantity of clean Water in it, to this put some Vinegar, Salt, and Horseradish ; then clean the Flounders, cut off their Fins, and put them in. Watch their boiling, for a very little Time does them, and see that they are taken out whole. Let them be drained and sent up, with melted Butter in a Cup.

In the same Manner Plaise and Dabs are to be boiled.

Another plain Way is by frying them ; which is to be done in a large Quantity of Oil or Butter, till they are of a fine light brown ; they are then to be drained of the Fat with a coarse Cloth, the Oil or Butter running through it.

9. *To boil Eels.*

Set on a Fish-kettle, Stewpan, or Saucepan, according to their Bigness, or the Quantity of the Fish, with a good deal of clean Water. When the Eels are skinned, gutted, and well washed, put them in and let them boil till they are enough, which must be known by the Look; the Size making the Difference of Time. When they are done take them carefully out without breaking, and send them up with Parsly and Butter.

This is the plain Way of dressing Eels, but we shall have other Methods of managing them in the succeeding Chapter.

10. *To boil Scaite.*

Scaite may be boiled in the common Way exactly as a Turbot, but the better Method is to crimp it, which being no other than plain boiling, after it is cut to Pieces, we shall insert it in this Place.

Set on a Stewpan with a good deal of Water, and a Handful of Salt. Cut the Scaite crosswise into long Slips; they should be about an Inch broad and the Length of half the Fish's Breadth. When the Water boils throw in the Crimps, and make it keep boiling quick. Three Minutes will do them enough. They must be taken up carefully and drained, and Butter and Anchovy must be put in one Cup, and Butter and Mustard in another.

The several other Fish in Season this Month are best dressed in a richer Way, an Account of which we shall give in the succeeding Chapter; but for those who shall chuse to have any of them boiled, no particular Directions are farther necessary: They are to be done in the same Manner with those mentioned before, that being the general Way.

11. *To boil Savoys or Coleworts.*

There is no Article in which the Difference between an elegant and an ordinary Table is more seen than in the Article of Greens: They are the same in themselves at one Place as at another, but their Look and Taste are exceedingly different. The Manner of doing them nicely is this: Set on a large Copper Saucepan well tinned, with a large Quantity of Water, and in this boil nothing but the Greens. Pick the Savoys or Coleworts very carefully clean, wash them thoroughly, and, after washing, overlook them carefully again. Boil them till they be tender, and if any Scum rises take it carefully off. See that they are well covered all the Time, and that no Smoak or Dust rises from stirring the Fire. When tender take them out and drain them. They will thus look more beautiful when dressed than they did growing. If Meat be boiled with them in the same Saucepan or Pot, they spoil the Look and Taste of one another.

12. *To boil Cabbage.*

Set on a Saucepan, as before, with a large Quantity of Water. Pick and wash the Cabbage and put it in, so that it keep covered, and that no Dust come near it. When the Stalks feel tender it is enough.

It may be drained and sent up plain, but the best Way is to chop it to Pieces, put it into a small Saucepan with a little Piece of Butter, and let it boil five Minutes, then send it up mash'd.

13. *To boil Sprouts.*

Set on a large Saucepan with a great deal of Water. Pick the Sprouts carefully, and wash them clean, then throw them into the Water, let them boil briskly, and when the Stalks begin to sink to the Bot-
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tom they are enough. Take them out, drain them and send them up whole.

14. *To boil a Cauliflower.*

Chuse a fine, large, firm, and well-coloured Cauliflower, cut off the green entirely, and then divide the Flower into four Quarters. See they are perfectly clean, and lay them into a Pan of cold Water. When they have lain there an Hour, turning them about at Times, set on a large Saucepan with a good Quantity of Milk and Water ; half Water and half skim'd Milk is a good Proportion. When this boils put in the Cauliflower. Keep it boiling. A Scum will rise, which must be carefully taken off as often as it comes in any Quantity. When the Stalks begin to be tender it is enough. Let the Cook see nicely to this, for the over-boiling is the common Fault in this Article. When enough, take up the Quarters tenderly and carefully, lay thew in a Cullander to drain, and send them up with plain melted Butter.

There is a Way of improving upon this, which we shall shew in another Month ; but this is the nice plain Way.

15. *To boil Asparagus.*

Set a large Pan of clean cold Water upon the Table, and a large Stewpan with a good deal of Water in it upon the Fire, sprinkle half a Handful of Salt into this Water in the Stewpan, and while it is heating, prepare the Asparagus thus : Scrape all the Stalks carefully till they are perfectly clean, throw them into the Pan of cold Water as you scrape them, and when they are all cleaned tie them up in little Bundles, cut off the Stalks at the Bottom, that they may be all of a Length. Put these into the Stewpan when the Water boils, and when it is tender at the Stalk 'tis enough done. Great Care is to be taken to watch the exact

exact Time of their growing tender ; they are to be taken up just at that Instant, and they will then have a fine Flavour and Colour, but a Minute or two more boiling destroys both.

While they are boiling, toast a Round of a Three-penny Loaf, let it be as thick as a Finger, and carefully browned on both Sides, but not burnt. Dip this lightly in the Liquor of the Asparagus, and lay it in the Middle of the Dish ; melt some Butter, pour a little of it over the Toast, then lay in the Asparagus upon the Toast all round the Dish, with the Ends of the Stalks outwards. Pour no Butter over them, but send some up in a Bason.

16. *To boil Broccoli.*

The great Art in dressing Broccoli is, that it be clean picked and not over-boiled. Set a Pan of clean cold Water upon the Table, and put on a Stewpan with a good Quantity of Water, and a Handful of Salt in it, more or less, according to the Quantity to be boiled. As this heats, prepare the Broccoli ; strip off all the Side Shoots, leaving only the Top round ; then peel off the Skin of the Stalk with a Knife, cut it off at the Bottom, and as they are thus cleaned throw them into the cold Water. When the Water in the Stewpan boils, and all the Broccoli is prepared, throw it in, let it boil briskly, and when the Stalks feel tender take it up, let it drain, and when dry send it to Table with Butter in a Cup.

Some eat Oil and Vinegar instead of Butter with Broccoli : It is the Italian Method, and is very agreeable, though not usual here.

17. *To boil Spinage.*

Spinage may be boiled like other Greens, but the very best Method is in its own Juice with a little Salt, and it is done thus. Pick the Spinage very clean, wash it five Times over carefully, and each Time in
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fresh Water ; then put it into a small Saucepan so that the Spinage may fill it ; put in no Water, but sprinkle a little Salt over it, cover it close, and set it over the Fire in a Place where it is not very brisk ; shake the Saucepan about frequently, and after a Time look into it ; the Spinage will shrink in a surprising manner. When it is all at the Bottom of the Saucepan, and the Liquor that has come from it has boiled a Minute or two, it is enough. Throw the whole into a Sieve, squeeze it gently to get out the Liquor, and then lay it in a Plate, and send it up with melted Butter in a Cup, but don't let any Butter be poured over it.

18. *To boil Carrots.*

All Carrots are to be boiled in the same Manner ; but as there are three Kinds of them they require each its several Time, according to its Bigness and Hardness.

The three Kinds are, 1. Spring Carrots ; 2. Grown Carrots ; and, 3. Sandwich Carrots. These last are the largest and hardest.

Whichever Sort it is, set a Pan of cold Water on the Table, and set on a Saucepan with a large Quantity of Water on the Fire ; scrape the Carrots one by one, cut off the little Ends and the green Head, and when they are done throw them into the cold Water ; when they are all ready, and the Saucepan boils, throw them in, and keep it boiling till they are tender.

Half an Hour is enough for young Spring Carrots ; grown Carrots take an Hour, and the large Sandwich Kind require two Hours.

When they are done, take them up, rub them one by one in a clean Cloth, slice them carefully, and send them up in a Plate, with some melted Butter poured over them.

19. *To boil Parsnips.*

For the plain boiling of Parsnips it is to be done just in the Manner as we have shewn for Carrots, only
Parsnips

Parfnips require more Water than they, or than any Root whatever. They require different Time according to their Bigness, and are to be tried by thrusting a Fork into them as they are in the Water; when that goes easily through they are done enough, and are to be served up, if eaten plain, with melted Butter.

But a much better Way is this. When they begin to be tender take them up, scrape them over again, make them thoroughly clean, throwing away all the hard, damaged, and sticky Parts. Put what is fine into a Saucepan, add to it some Milk, set them over a gentle Fire when there is not the least Smoke, and stir them continually that they may not burn. When they are well mixed, and thoroughly tender, put in a Piece of Butter and a little Salt; let them stew a Minute or two more, and then take them up and send them to Table.

20. *To boil Turnips.*

Turnips bear boiling with Meat better than any other Root whatever, because they have no remarkable Taste, and are very clean; therefore they may be boiled either thus or separately.

When boiled with the Meat they are to be pared, and the Top and Bottom Rind cut off, and put in when it has boiled some Time. When they are soft they are to be taken up, then drained, and mashed with a little Butter and Salt.

When they are boiled separately the best Method is this. Choose young, nice, and tender Turnips, pare them pretty thick, and cut off the Top and Bottom; cut the white fine Part into little Squares like Dice; put these into a small Saucepan, and just cover them with Water. When they are boiled tender, which is soon done, put them into a Sieve to drain, and then mash them in a Saucepan with Butter.

21. *To boil Potatoes.*

Chuse middle-siz'd Potatoes for boiling, that are perfectly sound, and free from Blemishes; wash them, and then put them into a Saucepan with a very little Water; if it be a little more than covers them it is sufficient. Cover the Saucepan, set it on a moderate Fire, and when they have boiled some little Time look at them; when the Skins crack it is a Sign they are enough. Drain the Water from them, and then let them stand a Minute or two in the Saucepan with the Cover on; after that peel them, and lay them in a Plate, pour melted Butter over them, and send them up.

This is the plain Way of eating them, but they may be made more agreeable thus. When peeled lay them on a Gridiron till they are brown and crisp; so send them to Table with Butter in a Cup.

Another Way is thus. When they are boiled and peeled put them into a Saucepan with some fine clean Beef Dripping, shake them about often, for fear of burning, and when they are of a fine Brown, and crisp, send them up well drained from the Fat.

22. *To boil Beet Root.*

Beet Root is of two Kinds, the white and the red; the white is not much used, nor is the red so much as it deserves. It is to be boiled exactly in the same Manner as Parsnips, scraping it perfectly clean.

It is of a fine purple Colour, looks well as Garnish, and eats prettily in Sallads; but 'tis also good with Beef or other salt Meats, the Taste being more fresh than of any other Root whatever. There is a Method of baking it, which the French principally use, but it is much better flavoured when properly boiled.

C H A P. X.

Of Broiling.

THIS is a Method of Cookery which, being less important than most of the others, we shall treat less at large; however, that nothing may be wanting which can give Variety at a Table, we shall mention one Article in this Way here.

A R T. I. *Cutlets a la Maintenon.*

Grate a good Quantity of Bread, and melt a Bason of Butter, then lay some half Sheets of white Paper ready, and begin to prepare the Mutton Chops. Let there be a clear fine Fire, and let these Chops be well cut, of a midling Thickness, and skinned.

Beat up half a Pound of Veal in a Marble Mortar, add to it a Quarter of a Pound of Beef Suet, and some Thyme and Winter Savoury stripped from the Stalks; bruise and mix all together; then grate in a little Nutmeg, and break a Blade of Mace small and put in; add a little Pepper and Salt, and, when all is mixed, break four Eggs, beat up the Yolks, and mix up this Force-Meat with them. When this is ready beat the Chops till they be very flat with a Cleaver, strew a little Pepper and Salt over them, and then roll them over and over in the Force-Meat, that as much as can may stick to them. When they are well covered with this, dip them in the melted Butter, and then roll them in the Crumbs of Bread. When they are thus thoroughly covered butter the half Sheets of Paper, and lay one of the Chops in each half Sheet, close it up, and cut off what Paper is unnecessary, leaving out just the Top of the Bone of each. When thus papered lay them on the Gridiron, at a good Distance above the Fire, that they may be
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half an Hour in doing. When they are enough take off the Papers, and lay them in a Dish.

The best Sauce for them is very rich Gravy thickened up.

This is the Way the late King of France used to eat his Mutton Chops.

CH A P. XI.

Of Frying.

FRYING may be considered, like Broiling, as one of the lesser Articles of Cookery, but we shall not be silent concerning any.

A R T. I. *To fry Beef Steaks in Ale.*

Beat some Rump Steaks to make them tender, then put into a Stewpan half a Pint of good mild Ale; put the Steaks in, and set them on to fry.

While they are doing cut an Onion, and sprinkle over it some Parsley and Thyme shred small, grate on a little Nutmeg, and sprinkle over all some Pepper and Salt; mix all these together, and roll them up in a Piece of Butter, roll this in Flour, and, when the Steaks are near enough, put it into the Pan; shake all about, that the Butter may melt and the Ingredients mix themselves in the Sauce; then let them fry a few Minutes more, and serve them up all together with the Gravy, which will then be of a very fine Thickness.

2. *To fry Beef Steaks with Wine.*

Chuse some fine tender Rump Steaks, cut off the Fat and set by itself; beat the Lean well, then put it into the Pan with a very small Piece of Butter. Fry them over a gentle Fire, often turning them, and pouring out the Gravy as it runs from the Meat.

When the Meat is enough fry the Fat by itself, and thicken up the Gravy that was poured from the Meat in this Manner: Cut a Shallot very fine, put it into the Gravy, and sprinkle in some Pepper and Salt; grate in a little Nutmeg, and add half an Anchovy cut to Pieces, and a Gill of red Port Wine; boil this up together, with a Piece of Butter rolled in Flour. Lay the Fat upon the Lean, and pour this Gravy over them in the Dish.

3. *To fry a Loin of Lamb.*

Cut the Loin of Lamb into nice thin Chops, strew over them a little Pepper, and grate in some Nutmeg; put them into the Pan with a little Butter, and fry them till they are enough. Have a little Water boiling ready. When the Chops are enough lay them in a Dish to keep hot. Pour the Fat out of the Pan, put in a little boiling Water and a Piece of Butter, and shake in a very little Dust of Flour before the Water is put in, then shake all about, give it a boil or two, pour it over the Chops, and send them up to Table.

C H A P. XII,

Of Baking.

THIS is another of the lesser Articles in Cookery, but not altogether to be neglected, for it is a Source of Variety.

A R T. I. *To bake Mutton Chops.*

Butter a Dish, and lay in some fine Mutton Chops first, sprinkling them over with Salt and Pepper; break six Eggs, separate the Whites, and beat up the Yolks, put to them four Spoonfuls of Flour, and a little Milk; let there stand by a Quart of Milk, and
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by Degrees get it all into the Eggs and the Flour. When these are well mixed grate in some Ginger, and strew over the Top a little Salt; work these also in, and then pour the whole over the Steaks; send them to the Oven, and a moderate Heat in half an Hour does them.

2. *To bake Lamb with Rice.*

Set on a Quart of good Gravy over a slow Fire in a Stewpan, and put into it half a Pound of Rice and two Blades of Mace, and about a Quarter of a Nutmeg grated; let this stand stewing till the Rice grows soft and looks thick; then break six Eggs and beat up the Yolks. Take the Stewpan off the Fire, stir in a Pound of Butter, and afterwards the Yolks of the Eggs.

As this is preparing lay down a Neck and Loin of Lamb to a moderate Fire; when they are half roasted take them off the Spit, and cut them into Steaks. Melt some Butter, and set it by you in a Bason; butter the Inside of a deep Dish all over, then dip the Steaks in the melted Butter, strew a little Pepper and Salt over them, and lay them in the Dish; pour over them first the Gravy that ran in cutting them, then the whole Mixture just made in the Stewpan, and, lastly, beat up the Yolks of three more Eggs, and pour this over the whole. Send it to the Oven, and let it stand forty Minutes; it will be perfectly done in that Time, and is a very elegant Dish.

C H A P. XIII.

Of Sauces.

A R T. I. *Celeri Sauce with Cream.*

WASH a Bunch of Celeri very clean, cut it into thin Slices, and set it over the Fire in a Saucepan with a little Water, to stew till it is perfectly

fectly tender, then put in a Blade of Mace, grate in a little Nutmeg, and add a Piece of Butter rolled in Flour, and half a Pint of Cream; shake them round, and boil them together. When it is near done, pour in a Glafs of white Wine and a Spoonful of Catchup. Let it once boil up and it is done.

2. *Liver and Mushroom Sauce.*

Chop some Parsley very fine, and mix it with the Liver of the Fowl, bruise them very well together, then cut into small Pieces some pickled Mushrooms and some fresh ones, or, if the fresh cannot be had, the pickled alone will do; mix these with the Livers; add to these two Spoonfuls of Catchup, a Glafs of white Wine, and a Quarter of a Pint of rich Gravy. Last of all put in a Piece of Butter rolled in Flour, and, when all is thoroughly mixed together, it is enough.

This is very proper for roasted Fowls.

3. *Lemon Sauce.*

Pare a fine Lemon, cut it into thin Slices, then pick out the Kernels, and chop it very small; bruise the Liver of the Fowl very well, mix it with this Lemon, and by Degrees put in three or four Spoonfuls of very rich Gravy; melt some Butter very well, then pour in this other Mixture, give them a boil up, and shred in a little of the Lemon Peel very fine.

This is excellent with boiled Fowls.

4. *Shalot Sauce for roast Fowl.*

Put into a small Saucepan three Spoonfuls of Water; and half a dozen Shalots cut very small; let them boil up, then add two Spoonfuls of Vinegar and two of white Wine; strew in a little Salt and Pepper, and let it boil up once again and it will be enough.

This is very good for roasted Fowls.

5. *Shalot Sauce for boiled Mutton.*

Cut four Shalots very fine, put them into a small Saucepan with two Spoonfuls of the Liquor the Mutton is boiled in; let them boil up a little, then put in two Spoonfuls of Vinegar, a little Pepper and Salt, and a Piece of Butter rolled up in Flour; shake all together, and let it once boil up and it will be enough.

C H A P. XIV.

*Of Soups and Broths.*A R T. I. *Beef Broth.*

WASH and clean a Leg of Beef thoroughly, put it into a Pot with a Gallon of Water, first cracking the Bone in three or four Places; let it boil well, and if any Scum rises take it carefully off. When it is near done put in four Blades of Mace, a Bunch of Parsley, and a Crust of Bread; let it continue boiling till it is perfectly tender; then make a large Toast, cut it into Dice, and lay the Meat in the Dish, pour in the Broth along with it, and put in the Bread that is toasted and cut for that Purpose.

2. *Hare Soup.*

Set on a large Stewpan with a Gallon of Water, a Bundle of sweet Herbs, and a little Salt; put in a Hare cut into small Pieces and washed perfectly clean, and with it a Knuckle of Veal with the Bones well broken, and a good Crust of Bread; let these stew together.

When they have stewed a little take out three or four small Pieces of the Hare, which must be fried
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for browning of the Soup. When the Gravy is good and rich add this, and put it into a Dish with crisp Bread, garnished with boiled Spinage and Turnips.

3. *Gravy Soup.*

Set on a Pot with two Gallons of Water, beat and hack to Pieces a Pound of Beef, a Pound of Mutton, and a Pound of Veal. Beat an old Cock in the same Manner, breaking all the Bones; put in a Carrot split and cut into Slices, a Crust of Bread well toasted, a Bundle of sweet Herbs, and an Onion.

Let these boil up some Time, then put in a Tea Spoonful of Pepper, the same Quantity of white Pepper, four Blades of Mace, and four Cloves. Cover this up, and let it stew. Let the Fire be slow, and keep it on till half is boiled away; then strain off the Soup, put it into a large Saucepan, and add to it four Heads of Celeri, an Ounce of Morels and Truffles, and three Spoonfuls of fine Raspings. Add also the Hearts of four young Savoy, half a dozen Cocks-Combs, and a stewed Ox's Palate. Set it on the Fire, and let it scimmer gently for two Hours. When it is near done fry some Force-meat Balls, and fry also a French Roll. Put these into the Dish, pour in the Soup hot, and send it up to Table.

4. *Chestnut Soup.*

Set on a Saucepan with three Quarts of Water, put in half a Pound of Beef, and the same Quantity of Veal and Mutton, with a Bundle of sweet Herbs and a Blade of Mace; stew them down.

While these are boiling, roast threescore Chestnuts, peel them, and put them into a Saucepan with half a Pint of Water; set them over a gentle Part of the Fire, well covered, to soften by stewing.

Take off the other Saucepan, strain off the Broth, and when the Chestnuts are a little soft pour it to them, set them upon a moderate Fire, well covered, to stew.

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While this is doing, cut a good Slice of Ham, put it into a Marble Mortar, and beat it to Paste; put in a Pigeon and a Pound of Veal, beat these along with it; then throw in three Blades of Mace, an Onion, some Thyme stripped from the Stalks, and ten Corns of Pepper.

Beat all these together, and cut half a Carrot into small Pieces; put this on a Plate, set on a Stewpan, cut some thin Slices of fat Bacon, and lay them on the Bottom; over them put this Mash, rolled out, and strew on the Carrot at Top.

When the Meat begins to stick to the Pan pour in two Quarts of the Broth and a Crust of Bread, stew it till there is not above a Quart left, then strain it off; add the Chestnuts and a little Salt, and let it stew.

In the mean Time, clean a Couple of Pigeons, put them in to stew, and a French Roll along with them crisp. When the whole is enough, take out the Roll, lay that in the Middle of the Dish, pour the Soup to it, and lay a Pigeon on each Side.

The proper Garnish for this Dish is roasted Chestnuts laid round it hot.

CHAP. XV.

Of Gravies.

WE are now about to enter on Made Dishes, and we premise the Article of Gravies as necessary to them.

A R T. I. *Soup for Gravy.*

Set on a Pot with three Gallons of Water, put in a Leg of Beef, cleaned, and with the Bone cracked in several Places; put in a Spoonful of Pepper, a Bundle of sweet Herbs, five Cloves, and a little Salt. Let it stand on a moderate Fire stewing till there is not

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above a Gallon left; then boil it up briskly for two or three Minutes, and then strain it off.

This is a Sort of universal Foundation for other Gravies; it is not to be used alone, but should be kept in Readiness for the making of the others. We shall shew the Method of using it in the following Chapter.

2. *Strong Gravy.*

Set on a Stewpan with a Slice of Bacon laid in it, lay upon this a Pound of Beef in very thin Steaks, cut an Onion, and slice half a Carrot; put these in; then put in an Anchovy, a Bundle of sweet Herbs, a Blade of Mace, and two Cloves; grate in a little Nutmeg, and add a Crust of Bread and ten Corns of whole Pepper. Cover the Stewpan, and set it on a slow Fire, let it stand six Minutes, then add to the Ingredients a Quart of the Soup for Gravy just described; cover it up, and boil it till half is wasted.

This will be a very rich high Sauce, of a brown Colour, and very fine Flavour. It is fit for Fish, Fowl, or a Ragou.

3. *Veal Gravy.*

This never can be made in Perfection but when a Partridge is to be had, to heighten the Flavour; it is to be done thus.

Set on a Stewpan with two Quarts of Water, beat a Pound and a half of Veal to Pieces, then put it into the Pan with a Bundle of sweet Herbs, a Couple of Blades of Mace, and ten Corns of Pepper; let it boil half an Hour, then add a Partridge chopped to Pieces, and let it boil till it is enough.

Veal Gravy, or Mutton Gravy, may be made thus, without any Addition; but the Partridge vastly improves either.

4. *Fish*

4. *Fish Gravy.*

Skin and clean four good Eels, cut them to Pieces, and put them into a Saucepan with a Pint and half of Water, let them boil a little, then put in two Blades of Mace, ten Corns of whole Pepper, a Bundle of sweet Herbs, a Piece of Bread toasted brown, and some Lemon Peel; let them all boil together till it is very rich. Then put into another Saucepan a Piece of Butter; melt it, drudge in some Flour, tofs it about till it is brown, and then strain off the Gravy and put to it. Make all mix well over the Fire and it is enough.

5. *Veal Gravy for white Sauce.*

Set on a Saucepan with a Quart of Water, put in a Pound of Veal cut into small Pieces; add an Onion, a Bundle of sweet Herbs, a Crust of Bread, a Blade of Mace, two Cloves, and ten Pepper Corns; let it be covered and set over a moderate Fire, boil it till the Liquor is rich and good, then strain it off for Use.

C H A P. XVI.

Of made Dishes.

A R T. I. *To stew a Turkey.*

TO finish this Dish in the compleat Manner, let there be some little French Loaves baked, about the Bigness of a large Egg, and some very rich Gravy made in Readiness. Chuse a fine Turkey, let it be drawn, and nicely picked; put an Anchovy, a Shalot, and a Sprig of Thyme in the Belly, and fill the Skin of the Breast with Force-Meat, such as was

before described for the making of Balls; then lard the fore Part of the Body with thin Slips of Bacon.

When it is thus ready, set a Stewpan over the Fire with a large Piece of Butter; when that is melted put in the Turkey; turn it as it fries, that it may be brown all over, then take it out; put it into a small Pot that will just well hold it, and pour in the rich Gravy till it just covers it: Then add two Blades of Mace, four Cloves, and a Bundle of Thyme, Sweet Marjoram, and Winter Savoury, with a dozen Corns of whole Pepper; cover the Pot close, and let it all stew together for an Hour. Then take out the Turkey, and keep it hot by the Fire covered. Strain off the Gravy, and boil it away to a Pint; then add a Glass of red Port Wine, the Yolks of two Eggs, and about an Ounce and half of Butter rolled in Flour. Set all over the Fire, and stir it about till it is well mixed, rich, and thick; then put the Turkey in a Dish, and pour this over it.

While this is doing stew some Oysters, cut off the Tops of the little French Loaves, and scoop out the Crumb; fry them to a fine brown, fill them with the stewed Oysters, and lay them round about the Dish for Garnish.

2. *Wild Ducks stewed.*

Lay down the Duck to the Fire, as if for roasting; when it has been down seven Minutes take it up, lay it in a Dish, and carve it, but don't take any Piece off, only loosen all the Joints, make all the Cuts, and leave the whole hanging together.

Squeeze a good Lemon over the Duck thus cut, that the Juice may get into all the Openings, and strew some Pepper and Salt over it. Turn the Duck Back upwards, lay a Plate upon it, and squeeze it, but not too hard; then pour about three Spoonfuls of made Gravy into the Dish, and cover it close with another Dish, set it over a Chafingdish of Coals, and
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when it is just done heat a little red Wine and put to it; then send it up garnished with Lemon.

There are Methods of dressing the Woodcock, Snipe, and the like, in different Ways, which may be seen in the eighth Chapter; we here speak only of made Dishes, under which Head this will most properly fall, as it is prepared partly by roasting and partly by boiling.

3. *To boil a Duck with Onions.*

Boil a Duck in a large Quantity of Water, skim it carefully at Times, and thus it will be of a fine Colour; for if it either be boiled in too little Water, or the Scum boil down upon it, it will be fouled. Half an Hour will compleatly boil it.

While the Duck is doing, the Sauce must be finished in this Manner: Let the Onions be peeled, and let there stand a Bowl of Water near, into which they are to be thrown one by one as they are done.

When taken out of this Bowl they must be cut into Slices, and boiled in Milk and Water. If they are set on at the same Time with the Duck they will be just ready with it, for half an Hour boils one as well as the other.

When they are soft drain them in a Sieve, bruise and chop them to Pieces, and put them into a small Saucepan; shake a little Flour over them, put in four Spoonfuls of Cream, and a Piece of Butter rolled in Flour; stew these together till they are thick and well mixed, then the Sauce is ready: Lay the Duck in the Dish, and pour the Sauce all over it.

The same Method is to be used for smothering a Rabbit with Onions; and in that Case the Head of the Rabbit must be cut off, split, and laid on the two Sides of the Dish.

4. *To boil Ducks the French Way.*

Put into a Saucepan well tinned a Pint of rich Gravy, put to this fifteen roasted Chestnuts clean peeled, let them

them stew a little, then add a few Leaves of Thyme stripped from the Stalks, a couple of small Onions shred to fine Pieces, half a dozen Grains of whole Pepper, and half a Race of Ginger. Let these stew for some Time, then set them off the Fire.

Let a fine Duck be clean picked, and larded with thin Slips of Bacon, spit it, and roast it till it is about half done, then put it into the Saucepan of Gravy; let it stew ten Minutes close covered; then open the Saucepan and put in twelve large Oysters without their Beards, the Crust of a French Roll, and half a Pint of red Wine. Let this stew together a few Minutes longer, and it will be enough. Lay the Duck in a Dish, and pour the Sauce over it.

5. *Duck a la Mode.*

Put into a Stewpan half a Pint of rich Gravy, a Bundle of sweet Herbs, before described, a Couple of Shalots, and an Anchovy cut into four or five Pieces; let these stew a little together gently.

Cut a Duck into Quarters, set on a Stewpan with a Bit of Butter, throw in the Quarters and fry them brown; when they are well browned pour off the Fat and pour in the Gravy strained from the Herbs and other Ingredients, stew this together a little, then open it, and put in a Quarter of a Pint of red Wine; let it stew till the Duck is enough, then take it out, boil up the Gravy to a Thickness, and scum the Fat carefully off several Times; put the Duck in a Dish, pour this over it, and garnish with Lemon.

6. *To stew GIBLETS.*

First make a Pudding thus: Steep the Crumb of a French Roll in Milk, chop a couple of hard Eggs very fine, chop some Sage also very fine, mix the Sage and Egg with the Bread and Milk, and sprinkle into it some Pepper and Salt; grate on a little Nutmeg,

meg, and pour in last of all a little melted Butter; stir and mix all together, and let it stand ready.

Scald the Giblets, and pick and wash them very clean, then wipe them dry; cut the Head in two, break each of the Pinions also in two, cut off the Nostrils, cut the Liver in two, and cut the Gizzard in four; cut the Neck also in two Pieces, and slip off the Skin; tie up one End of each Piece of the Skin, and then fill them both with the Pudding made for that Purpose; when full tie them up tight at the other End, and then all is ready for stewing.

Put into a deep Stewpan a Quart of weak Gravy, with a Bundle of sweet Herbs, an Onion, some whole Pepper, two Blades of Mace, and the Peel of a Quarter of a small Lemon, and add four Cloves tied up loose in a Piece of Muslin; put the Giblets all in, and let them stew till they are thoroughly tender; then toast a French Roll brown on all Sides, and put it in. When there is no more Gravy than is sufficient strain it off through a Sieve, lay the Roll in the Middle of a Dish, put the Giblets round it, cut the two Puddings into Slices and lay them round, and then pour in the Gravy.

7. To dress a salt Goose and Cabbage.

Salt a grown Goose carefully, and let it lie in the Salt ten Days, then boil it. An Hour and a Quarter is the full Time it will require.

While the Goose is boiling, boil a fine close Cabbage; when it is tender take it out of the Water, mash it up in a smaller Saucepan, with Butter, Salt, and a little Pepper; lay the Goose in a Dish, and pour the Cabbage thus prepared over it.

8. To dress Pigeons a Soliel.

This is a very extraordinary Dish, but an exceeding good one, and very easily prepared.

Take

Take half a Pound of Veal, a Quarter of a Pound of Mutton, and two Ounces of Beef, cut them very small, put them together into a Marble Mortar, and beat them to a Paste; strew in a little Pepper and Salt, and beat it up again; then add two Blades of Mace, and once more beat it together. Let this stand ready.

Break three or four Eggs, separate the Yolks, and beat them up without any Mixture, and set by you in a Plate a Quarter of a Pound of grated Bread, and two Ounces of Flour mixed well together. Set on a Stewpan with a very small Quantity of rich Gravy, tie up four Cloves in a Piece of Muslin, throw them in, and throw in the Pigeons; let them stew here till they are pretty well done, then take them up and lay them on a warm Dish.

Set on another Stewpan with a large Quantity of fine Beef Dripping, make it boil, take the Pigeons from the Dish one by one, roll them all over in the bruised Meat, then dip them into the Yolk of the Eggs, and turn them about in it till they are well wetted, then strew them over with the Bread and Flour, and put them into the boiling Dripping; let them remain in it till they are finely brown, then put them in a Dish, and garnish with fried Parsley.

9. *Pigeons in a Hole.*

Mix a Quart of Milk, five Eggs, and five Spoonfuls of Flour into Batter, shred some Mace very fine, mix with it some Bay Salt and Pepper, rub all well together. Season the Pigeons with this, put a Piece of Butter in the Belly of each, and lay them one by another in a Dish, pour the Batter over them, and send them to the Oven. Let them be baked pretty much, that all the Taste may be mixed together, and send them up to Table in the Dish wherein they came from the Oven, set upon another.

Pieces, and over these spread some Tops of Asparagus cut small, some Mushrooms, and the Yolks of Eggs boiled hard.

When the Dish is thus filled roll out another Piece of Force-meat and cover it entirely with it; send it to be baked, and, when done, turn it into another Dish, and pour round it some of the richest Gravy that can be made according to the Receipt before given.

12. *To boil Woodcocks.*

Cut a Pound of lean Beef into small Pieces, and set it on in a Saucepan with two Quarts of Water, add to it a Sprig of Thyme and another of Winter Savoury, and an Onion cut to Pieces, and when it has boiled some Time put in two Blades of Mace, four Cloves, and about a dozen Corns of whole Pepper; boil all these together lightly covered till half is wasted, then strain it off. This will be a tolerable rich Gravy particular for this Purpose.

The Gravy being put into another Saucepan, draw the Woodcocks and lay by the Guts and other Entrails on a Plate, put the Woodcocks into the Gravy, and boil them covered for twelve Minutes. This will do them enough.

As soon as the Woodcocks are set on to boil, chop the Guts and Liver small, put them into a little Saucepan, add a couple of Blades of Mace, and pour on them five or six Spoonfuls of the Gravy from the other Saucepan.

In the mean Time also take the Crumb of a stale Roll, rub it fine in a Cloth, and fry it crisp in fresh Butter. Set these Crumbs in a Dish before the Fire.

Put to the Guts in the small Saucepan half a Pint of the Gravy from the Woodcocks, a Glass of red Port, and a Piece of Butter rolled in Flour; set all over the Fire, and shake it often till the Butter is thoroughly melted, then put in the Crumbs, and
shake

shake the Saucepan once round: All is now ready; take up the Woodcocks, lay them in a Dish, and pour this Sauce over them. Garnish the Dish with Lemon.

Snipes may be boiled exactly in the same Manner as Woodcocks, only allowing less of all the Ingredients.

13. *Water Sokey.*

Clean a Parcel of very small Flounders, and cut the Fins off close; put them into a Stewpan with just enough Water to cover them; sprinkle in a little Bay Salt, and a Bundle of Parsley; boil them till they are enough, then send all up together in a deep Dish, the Fish, Water, and Parsley; and send up Parsley and Butter in a Cup.

This seems a very insipid Dish in the Description, but there is something very pretty in the Taste of small Fish this Way.

14. *Stew'd Eels and Broth.*

This is a Dish of the Water Sokey Kind, but somewhat richer, not only from the Nature of the Fish, but having some Addition of Ingredients.

Clean and gut a Parcel of small Eels, wash them in several Waters, and put them into a Saucepan with just enough Water to cover them; let them stew softly for some Minutes, then put in a Crust of Bread, and two Blades of Mace; cover them again, and let them stew till they are enough; then send them up in a Dish with their Broth, and send up melted Butter in a Cup to eat with them. The Broth is rich and pleasant.

15. *To boil Soals the French Way.*

Put into an earthen Dish a Quart of Water, half a Pint of Vinegar, and a little Bay Salt; set this by

you. Clean a Pair of Soals, and, when cleaned, put them into this Liquor ; let them lie there two Hours ; at the End of this Time take them out, lay them on a Cloth, and wipe them perfectly dry.

Put into a Stewpan a Pint of strong white Wine, a Sprig of Thyme, the same of Sweet Marjoram and Winter Savoury, and an Onion with four Cloves stuck into it ; lay the Soals in this, sprinkle in a very little Bay Salt, and cover them up. Let them stew till they are enough, then take them out, lay them on a Dish, put into the Liquor after it is strained off a Piece of Butter rolled up in Flour, and thicken it for Sauce ; pour it over the Soals, and send them up.

A Turbot may be dressed in the same Manner, but a small one is most proper. The Garnish is Lemon and Horseradish.

16. *To butter Lobsters.*

Set on a Lobster to boil ; when it is about half done take it out of the Water, break the Shell, take out all the Meat, and cut it very small ; take out the fine Part of the Body, put this into a small Saucepan, add to it a large Spoonful of white Wine, stir it about till it is thoroughly mixed, and then put in the Fish cut to Pieces ; stir all this together, put in a Blade of Mace, sprinkle over a little Pepper and Salt, and pour in a small Glass of the same white Wine. Let all this stew together well covered up for about five Minutes, then open the Saucepan, pour in one Spoonful of Vinegar, and put in also a Piece of Butter as big as a Walnut ; shake it about ; when the Butter is melted, add a Tea-spoonful of fine Sugar powdered, and as much grated Bread as will bring it to a due Thickness ; stew it a little longer that the Bread may not eat raw, and serve it up.

While this is doing the Chine of the Lobster may be cut in four, peppered, salted, broiled, and laid on the Sides of the Dish by Way of Garnish.

A Lob-

A Lobster may be buttered in the following Way like a Crab, but this is better.

17. *To butter a Crab.*

Pick all the Meat out of a couple of middle-sized Crabs as they sell them ready boiled at the Fish-mongers; chop it all together that it may be small and perfectly mixed, put it into a Saucepan, and mix with it four Spoonfuls of strong white Wine, and two Spoonfuls of Vinegar; grate in a little Nutmeg, and then set it over the Fire, and let it boil a little.

While this is heating melt half a Pound of Butter, cut an Anchovy small, beat up the Yolks of two Eggs, and mix these and the Anchovy with the Butter; when these are mixed pour in the Crab out of the other Saucepan, set them over the Fire together, and let them heat thoroughly.

While this is heating make a thin nice Toast, well browned, but not burnt, cut it out into a great many small three-corner'd Pieces; put the Shell of the Crab into the Middle of a large Dish, and set four Saucers round it; pour the buttered Crab partly into the Shell and some into each Saucer, and stick three Pieces of Toast upright in the Middle of each.

18. *To scollop Oysters the common Way.*

Grate a good Quantity of Bread to Crumbs, and set ready a proper Number of Scollop Shells; put into a Saucepan a Pint of fresh-open'd Oysters with their Liquor, add two Blades of Mace, and, setting them over the Fire, let them stew some Minutes; when they are near enough put in a Piece of Butter rolled in Flour, and set the Saucepan on again till the Butter is melted and the whole thickened up; then pour out these Oysters into the Scollop Shells, filling each three Parts full, then cover them with the grated Bread and press it down, set them before the Fire,
and

and brown them with a hot Iron till they appear to be done enough.

19. *To scollop Oysters the nice Way.*

Rub to Crumbs a good Quantity of Bread in a clean Napkin, let this lie ready; set a Gridiron at a good Distance over a strong and clear Fire; open a Parcel of fine Oysters, put them into Scollop Shells, and, when they are sufficiently filled, set them on the Gridiron and let them stew of themselves till they are pretty well done, then cover them with Crumbs of Bread and set them before the Fire in a Tin Oven; turn them at Times, and baste them with Butter. Let them stand thus till the Bread is thoroughly brown.

20. *To stew Scollops.*

Put into a small Saucepan a Pint of Water and half an Ounce of Bay Salt; open the Scollops and put them into this Lipuor, set them over the Fire, and boil them till they are enough; then put into another Saucepan a Quarter of a Pint of the Liquor, the same Quantity of white Wine, and two Spoonfuls of Vinegar; add two Blades of Mace, two Cloves, and four Corns of whole Pepper; put in the Scollops taken out of the other Saucepan, stew them well, and toward the End add a Lump of Butter as big as a small Egg, rolled in Flour; shake this well in, then squeeze in the Juice of a Seville Orange; let the whole have one good heating together, and then put them into a Dish with toasted Sippets.

21. *To ragou French Beans.*

Boil some young French Beans till they are tender, then set them by to drain. Set a Stewpan over the Fire, throw in a Piece of Butter, let it melt, then
drudge

drudge in a little Flour, peel a large Onion, cut it into thin Slices, throw it in, and fry it till it is very brown. Beat up the Yolk of an Egg in half a Tea-Cup of Cream, let this stand by, put the drained French Beans into the Stewpan, and grate in a little Nutmeg; strew over them a little Pepper and Salt, and then shake them well about. When they are well mixed, and thoroughly hot, put in the Egg and Cream, and then shake them about over the Fire two Minutes. They will thus mix thoroughly together, and be well heated; then dish them up for the Table.

22. *A Fricassee of Artichook Bottoms.*

Lay a Parcel of dried Artichook Bottoms in warm Water, let them lie till the Water is cold, then pour that away, and put on fresh. When that is cold, do the same again; repeat this four Times, every Time using fresh Water; then take them out, and lay them on the Bottom of a Sieve to drain. Put into a Saucepan a sufficient Quantity of Cream, and a good Piece of Butter in Proportion. Set this over the Fire, shake it only one Way, and the Butter will melt in in the Cream, and mix without boiling. When it is well melted put in the Artichook Bottoms, let them stew a little, and when they are done enough dish them up. The warm Water dresses them so far, that a very little stewing is sufficient.

23. *To fry Charadoons.*

Cut the Charadoons to about a Span long, and string them carefully; tie them up in Bundles like Asparagus, boil them till they are tender, then take them up, and lay them to drain. Set on a Stewpan with some fresh Butter; when the Charadoons are drained, flour them a little, and when the Butter is melted throw them in, fry them till they are brown, take them up, and lay them in the Dish; melt some Butter

ter with half a Glass of red Wine and a little Pepper and Salt, and pour it over them in the Dish.

24. *Broiled Eggs.*

Cut an even Slice round a Quartern Loaf, toast it carefully, butter it, and drop a little hot Water over it to soften it a little. Lay this Toast in a Dish, break eight Eggs, and let them fall one by another on the Toast. Heat a Salamander in the mean Time, or, for so small a Dish, a Fire-shovel will do, but it must be red hot; hold it over the Eggs, moving it about a little till they are done, then squeeze a small Orange over it, and grate a very little Nutmeg; draw the Shovel once more over it, and then send it up to Table.

25. *A Fricassee of Eggs.*

Boil half a dozen Eggs hard, take off the Shells, and cut them into Quarters. Put into a Saucepan half a Pint of Cream and a quarter of a Pound of fresh Butter; melt the Butter carefully in the Cream, and it will be very thick and smooth; lay the Eggs, cut into Quarters, in a Dish, and pour this Sauce over them.

26. *Eggs and Lettuce.*

Pour a Quart of boiling Water upon three Cabbage Lettuces, the outer Leaves being taken off. When the Water is half cold, take out the Lettuces, drain them, cut them to Pieces, put them into a Saucepan, and, adding a Piece of Butter, stew them a little together; then grate in a little Nutmeg, and sprinkle over them a small Quantity of Pepper and Salt; chop and break the Lettuces well in the Butter, and set them upon a moderate Fire half an Hour.

While they are doing, fry some Eggs in Butter, lay the Lettuce in a Dish, and place the Eggs upon it.

it. Garnish the Sides of the Dish with Slices of Seville Orange.

27. *Celeri in Cream.*

Clean six or eight Heads of Celeri, cut them into Lengths of two or three Inches, and boil them till they are tender; pour away the Water, and set the Celeri to drain.

Put into a Saucepan half a Pint of Cream and the Yolks of four Eggs beaten up, grate in a little Nutmeg, and sprinkle in a little Basket Salt; then put in the Celeri, set it over a gentle Fire, let it stew a little, and pour it together into a Dish.

28. *To make Mutton Harrico.*

Cut a Loin of Mutton into thick Chops, flour them, and fry them in a Stewpan with Butter till they are browned on both Sides, then pour out the Fat. Pour in a small Quantity of boiling Water, and afterwards more, till the Meat freely swims in it; then put in thirty Chesnuts shelled, the Hearts of five Lettuces, the Hearts of half a dozen Onions, two Carrots, and as many Turnips cut like Dice, a Sprig of Thyme, and the same of Savoury, two Blades of Mace, some Pepper and Bay Salt, and two Cloves; cover it up, and set it on a moderate Fire; let it stew a couple of Hours, then take off the Fat, and send it up together.

29. *To stuff a Shoulder of Mutton.*

This is a Dish to be sent up with made Gravy, and garnished with Rorse-radish. The Method of doing it is this.

Open a dozen good large Oysters, and save the Liquor by itself; boil three Eggs hard as if for a Sallet, then chop small three Ounces of Beef Suet, grate to it the same Quantity of Bread, rub these together,

and break the Yolks of the hard Eggs among it. Add the twelve Oysters, and work all together with the Hands; then cut three Anchovies small, shred half an Onion, and mix these with the rest. Lastly, grate in a third Part of a Nutmeg, sprinkle over some Pepper and Bay Salt, and throw in a few Leaves of Thyme and Winter Savoury; bruise and cut them all well together, then break some fresh Eggs, separate the Yolks, and put in as much of them as will work the whole into a Paste.

Raise the Skin of the Mutton in two or three Places, and let in this Stuffing in so many Parcels; fasten the Skin well down again, and lay it to roast at a moderate Fire.

When it is near enough prepare the Sauce in this Manner:

Put the Liquor of the Oysters into a small Saucepan, add to it a Glass of red Port Wine, cut in an Anchovy, grate some Nutmeg, throw in a small Onion and two or three Oysters cut in Pieces. Stew all together. When the Mutton is enough take out the Onion, and pour the Sauce into the Dish with it.

A Leg of Mutton may be stuffed in the same Manner, or any other fleshy Joint.

30. *To dress Pigs Pettitoes.*

Put into a small Saucepan half a Pint of Water and an Onion, cut a Sprig of Thyme, the same of sweet Marjoram, and a Blade of Mace; strew in about five Corns of whole Pepper, and then put in the Pettitoes. When they have boiled five Minutes take out the Liver, Lights, and Heart, and chop them extremely small; grate in a little Nutmeg, and strew very lightly a little Flour over them. Let the Feet do till they are tender, then take them out, and strain the Liquor. Then put all together with a Piece of Butter as big as a Walnut, a little Pepper, and the Juice of a Quarter of a Lemon; put them into a Saucepan, set them
over

over a gentle Fire, and let them simmer five Minutes, shaking them about very often.

While this doing toast a thin Piece of Bread lightly, cut it into Pieces for Sippets, and lay them round the Dish; pour the minced Meat and Sauce into the Middle of the Dish, and split the Feet and lay round it.

31. *To dress a Pig the French Way.*

First make half a Pint of rich Gravy, and a Pint of what is weaker; set the Pint of weak Gravy on a slow Fire in a Saucepan, and add to it two Onions cut small, some whole Pepper, and Leaves of Thyme stripped from the Stalks; grate in a little Nutmeg, and cover it up.

Spit a small Pig, lay it down to a moderate Fire, and let it roast till it is well warm through, then cut it off the Spit into about twenty Pieces; put these into the Saucepan of Gravy, and, after they have stewed ten Minutes, pour in half a Pint of strong white Wine; let it be then covered up close and stew an Hour; then put in the half Pint of rich Gravy, with a Piece of Butter rolled in Flour, two Anchovies cut small, and a couple of Spoonfuls of Mushroom Pickle. Let it stew a few Minutes more that it may be well mixed, and then put it in the Dish.

32. *To stuff a Chine of Pork.*

Shred fine some Sage, Parsley, and Thyme, mix some Crubs of Bread with this, and strew some Pepper and Salt over it; grate in a little Nutmeg, and cut a Shalot very fine and add to it; cut to Pieces the fat Leaf of Pork, and mix this with the Ingredients; and, lastly, add as much Yolks of Eggs as will bring it to work into a Paste.

Raise the Skin of the Chine and let in this Stuffing; cover it well up again, and lay it down to roast.

When it is about a Quarter done cut the Skin with a sharp Knife into Slips, and then finish it with a clear and good Fire.

Serve it up with Apple Sauce, made with a Blade of Mace, a couple of Cloves, and sweetened. There should be also some Mustard sent up in a Cup for those who chuse to eat it that Way.

33. *To jugg a Hare.*

Cut a Hare into small Pieces, and lard these with small Slips of Bacon, and strew over them some Pepper and Salt.

Have a Jugg ready that will hold the Hare, and see the Stopper fit so close that nothing can get in; put into this Jugg an Onion stuck with Cloves, a couple of Blades of Mace, and a Sprig of Thyme and Winter Savoury; put the Hare in upon these, stop the Jugg carefully, and set it in a Pot of Water; set all over the Fire, let the Water boil regularly, and let the Jugg be in it boiling three Hours; then take it out, open it, pour all into a Dish, take out the Onion and the Herbs, and send it up to Table.

34. *Rabbits in Caperole.*

Put into an earthen Pipkin a Quart of weak Gravy and a Bunch of sweet Herbs, with a little whole Pepper; set this to stew in a gentle Heat. Cut a couple of Rabbits into Quarters, lard them, shake a little Flour over them, and fry them in Butter till they are brown; then take them out of the Pan, and put them into the Pipkin of Gravy, adding a Glass of strong white Wine, and a Piece of Butter rolled in Flour; cover them up close, and let them stew in a good Heat half an Hour, then take them out, lay them in a Dish, strain off the Gravy, and pour it over them. Garnish the Dish with Seville Orange in Slices.

35. *To*

35. *To broil a Chicken.*

Chuse a Chicken that is not very large, slit it down the Back, and sprinkle Pepper and Salt over it; have a very good and clear Fire, set the Gridiron at a good Distance over it, and lay the Chicken on with the Inside to the Fire; let it lie thus till it is full half done.

Then strew some grated Bread over it, and carefully turn it; see that the Fire be brisk, but let the Chicken be at such a Distance that this fleshy Side do not burn. Strew some more grated Bread on the Inside, and make the fleshy Side brown well without burning.

Cut the Gizzard in Slashes cross and cross, pepper and salt it, and broil it by the Chicken; broil also the Liver whole.

Make some rich Sauce with Gravy, Mushrooms, and a Blade of Mace; put this into the Dish with the Chicken, and the Gizzard and Livers round it.

36. *To stew Chickens.*

Put into a small Saucepan a Quarter of a Pint of Water, put in two Blades of Mace, ten Pepper Corns, a Spoonful of Raspings, an Onion, and a Bundle of sweet Herbs; let them stew a few Minutes.

Cut two small Chickens into Quarters, wash them clean, put them into the Saucepan, and put with them Half a Pint of red Port Wine; cover the Saucepan close, and let all stew Half an Hour; then open it, and put in about an Ounce of Butter rolled in Flour; let it stew five Minutes more, shaking it several Times about; then pour all into a Dish, take out the Herbs and Onion, and send it up.

37. *A Fowl à la Braise.*

Bruise four Blades of Mace in a Marble Mortar, grate in a third Part of a Nutmeg, and then strew some Pepper and Salt upon them; work all well together that it may be thoroughly mixed. Chuse a good Fowl of a moderate Size, truss it with the Legs put into the Belly, and season it well inside and out with the Seasoning just described.

The Fowl being thus prepared, set a deep Stewpan upon the Fire, put a Slice of Bacon in the Middle of it; upon this lay a Slice of Veal, and on that lay the Fowl thus seasoned.

Put in round the Fowl a Bundle of sweet Herbs, an Onion, three Cloves, and a split Carrot; then lay over the Fowl another Slice of Bacon, upon that lay a Slice of Veal, and at the Top of all a very thin Beef Steak; cover the Stewpan, and set it over the Fire without any Liquor; let it stand thus about three Minutes; then pour in a Pint of weak Gravy; cover it up again, and let it stew an Hour; then take it off the Fire, take out the Fowl, strain off the Gravy, skim off the Fat, thicken it up with a little Piece of Butter, and pour it round the Fowl in the Dish.

C H A P. XVII.

*Of Puddings.*A R T. I. *Of Potatoe Pudding.*

BOIL some Potatoes till they are soft, take them out of the Water, peel them, and lay them on the Back of a strong Hair Sieve; set a Dish underneath, and with the Back of a Spoon break and mash the Potatoes upon the Sieve, and the finest Part will go through; break six Eggs into a Basin, and beat them

them well up, Whites and Yolks together; set this by. Melt half a Pound of fresh Butter, and put into it half a Pound of eightpenny Sugar sifted fine; mix these well together, then put in the Eggs; beat all these well up; then add the fine Part of the Potatoes which will be found in the Dish under the Sieve. Lastly, pour in a good Glass of strong Mountain Wine, and beat and mix all well together; then boil it half an Hour, which will be sufficient. Melt Butter to send up with it, with white Wine and Sugar in it.

This Pudding may be baked in a Dish with Puff Paste round it, and at the Bottom. Some also add half a Pound of Currants. The last Addition spoils it, but it is a very good Dish baked.

2. *An Orange Pudding.*

Make some nice Puff Paste, and lay it thin in a Dish and round the Rim to be ready to receive the Pudding; then melt half a Pound of fresh Butter, break a dozen and half of Eggs, and put the Yolks beat up together to the Butter; shake these well together, then grate in the yellow Part of the Rind of two Seville Oranges, and add half a Pound of the finest Sugar powdered. Mix all these well together; mix also two Spoonfuls of Rose-water, the same of Orange-flower Water, a Gill of Sack, and half a Pint of Cream; grate in a couple of Naples Biscuits, and stir it well together; mix this with the rest, stir all thoroughly, and they will perfectly mix; pour this into the Dish prepared for it with the Puff Paste, and let it be very carefully baked. It will require about as much Time baking as a Custard.

3. *An Italian Pudding.*

Cover the Bottom and Sides of a deep Dish with a thin Puff Paste, and raise a little of it round the
Edges;

Edges ; then peel ten fine golden Pippins, slice them in without the Cores ; slice in some Seville Orange-Peel very thin, and sprinkle over these a little Sugar, and then pour in half a Pint of red Port Wine ; slice the Crumb of two French Rolls into a Pint of Cream, beat up the Yolks of ten Eggs, and, mixing these together, grate in a little Nutmeg, stir it all well together again, and pour it over the Apples and Wine in the Dish. Send it to be carefully baked in the same Manner as a Custard.

C H A P. XVIII.

*Of Pies.*A R T. I. *Mutton Pie.*

MA K E a good Crust according to the Directions given in the Month of *February* : Skin a fine Loin of Mutton, and take out the inside Fat ; cut it into Chops of a moderate Thickness, pepper and salt them, and then lay a Bottom Crust in the Dish. Fill the Dish with the Chops, put in nearly as much Water as will reach up to the Rim, then put on the Top Crust, and send it to the Oven. Let it be thoroughly well baked.

2. *A Beef Steak Pie.*

There is little Difference in the Manner of making this from the other ; the same Kind of Crust is to be made, and put into the Dish in the same Manner. The Steaks must be fine ones and cut from the Rump ; they must be well peppered and salted, and when they are laid in, the Dish must be half filled up with Water ; put on the upper Crust and send it to the Oven, and let this also be thoroughly well baked.

3. *Pigeon*

3. *Pigeon Pie.*

This differs a great deal from the others. The Crust must be fine Puff Paste; therefore let a proper Quantity of this be made in Readiness, and cover the Bottom of the Dish with Part of it. Let the Pigeons be fresh and well picked; put into their Bellies a Piece of fresh Butter with a little Salt and Pepper, and season them with Pepper and Salt beside. Lay them in the Dish, and when they are all in, lay the Necks and the Pinions between them, as also the Livers, Hearts, and Gizzards; and lay in the Middle a broad thin Beef Steak, and the Yolk of an Egg boiled hard. When all is in, pour in as much Water as will near fill the Dish, then send it to the Oven, and give Orders that it be baked carefully and well.

This is the plain Way of making a Pigeon Pie; we shall shew how to make the other Kinds in our succeeding Numbers.

C H A P. XIX.

Of Side and Small Dishes.

A R T. I. *A Ragou of Livers.*

TA K E one Turkey's Liver, and the Livers of six Chickens, pick the Galls carefully away, and throw the Livers into cold Water, set on a small Saucepan with a quarter of a Pint of strong Gravy, put in the Chickens Livers, and then add two Spoonfuls of pickled Mushrooms and one Spoonful of Catchup; strew in a little Pepper and Salt, and, last of all, put in a small Piece of Butter rolled in Flour. Let the whole stew together half a quarter of an Hour over a slow Fire. In the mean time broil the Turkey's Liver. When all is ready, lay that in the Middle of

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a small

a small Dish, take the Chickens Livers out of the Saucepan and lay round it; then pour the Sauce over all, and garnish with Lemon.

2. *A Ragou of Oysters.*

Set on a Stewpan with a little fresh Butter, break a couple of Eggs, beat them well up with a Piece of Lemon Peel, a Quarter of a Nutmeg grated, two Blades of Mace, and a little chopped Parsley; add last of all a little Flour, and then mix all well together. Let this Batter stand by in a Bason.

Open two dozen of large Oysters, pour the Liquor into a Bason, and dip the Oysters one by one into the Batter. When they are well covered with it, throw them into the Stewpan, and fry them of a fine Brown.

Set a Dish before the Fire, and as the Oysters are done put them in. The best Thing for taking them out of the Pan is an Egg-slice.

When they are all done pour out the Fat from the Pan, sprinkle in a little Flour, and rub in a Piece of Butter, then pour in a quarter of a Pint of good Gravy with two Spoonfuls of white Wine, three Spoonfuls of the Oyster Liquor, and a little grated Nutmeg. Let these stew together a few Minutes, then throw in the Oysters, and when they are enough pour all into the Dish together, and garnish with Raspings.

3. *To make Fumbals.*

Mix together a Pound of Flour and a Pound of the finest Sugar beaten to Powder, and make them into a stiff Paste with Whites of Eggs beat up.

Melt half a Pound of fresh Butter, and add half a Pint of Cream; put these to the Paste; beat a Pound of blanched Almonds, and throw these in; then add as much Rose-water as will bring the whole to a fine Paste, knead it well, and cut it out into Lozenges, Squares,

Squares, Rounds, or other Figures, and fry them in fresh Butter. They may be baked also, and either Way they make a very pretty Dish.

S E C T. IV.

Of CONFECTIONARY.

C H A P. I.

Of Jellies.

A R T. I. *Calves-Foot Jelly.*

S E T on a large Saucepan with five Quarts of Water, clean a couple of large Calves Feet, and put them in without any Addition; set it over a moderate Fire, and let it take its Time to stew; leave it till there is not above three Pints of the Liquor remaining.

Take it off the Fire, strain it, and let it stand quiet to cool. When it is cold skim off the Fat carefully from the Top, then pour it out gently into a clean small Saucepan, leaving what settles at the Bottom.

Set the Saucepan over the Fire, and put into the Jelly half a Pound of the finest Sugar, and the Juice of four large Lemons. When the Sugar is all dissolved, add a Pint of strong Mountain Wine.

Beat up the Whites of eight Eggs with a Whisk in a large Bowl, put in a little of the Jelly, and when they are well mixed with this, pour all into the Saucepan, and stir it well about till it boils. Let it boil five or six Minutes, and then pour it into a Jelly-bag
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of fine Flannel; it will first run coarse and muddy; therefore run it thro' the Bag several Times till it comes out clear; then pour it back again, and set a China Punchbowl under it. Put into the Bowl some Lemon-peel pared very thin, and let the Jelly run into it. This will give it a fine Straw Colour, and a pretty Flavour. Let the Glasses stand by, and fill them with a clean Silver Spoon as the Jelly runs into the Bowl.

This is Calves-foot Jelly; but what is sold under the Name of Hartshorn is not so good as this when properly made, with the Care and Caution here directed. Real Hartshorn Jelly is indeed much finer.

2. *Ribband Jelly.*

This is a very pretty Jelly, composed of various Ingredients; the true Way of making it is this.

Set on a large Pot with two Gallons and a half of Water, clean four Calves Feet, take out the large Bones, and put them in; let them boil a quarter of an Hour, then put in a quarter of a Pound of Hartshorn Shavings, four Blades of Mace, a Nutmeg broke with one Blow of a Hammer, and three Ounces of beaten Isinglass. Set it on a Fire that will keep it boiling, and let it stand till there does not remain above two Quarts. Strain this through a Flannel Bag; it will run through coarse and foul; set it by for the Night, and next Morning scrape off the Scum from the Top, and cut off a Piece of the Bottom; if there be any Foulness it will be hard; cut the rest into Slices and set it over the Fire. Beat up the Whites of eight Eggs, mix them with it, stir it about, and let it boil; then strain it off again, set it again over the Fire, and add to it a Pint of Sack, a quarter of a Pint of Orange-Flour Water, and the Juice of six Lemons. When it has boiled up, strain it off again, and set it by to cool.

When divide it into five Parcels in separate Sauce-pans, set them on the Fire, and put into one as much beaten

beaten Cochineal as will lie upon a Six-pence, this will make it purple; into another put Juice of Spinage, till it is of a fine green; into a third put some Saffron, this will be yellow; and into a fourth Syrup of Violets, to make it blue; into the fifth pour some Cream, and make it a thick white.

When these are ready, use them in this Manner: First warm the Purple, and pour in some to every Glass, making it a fifth Part full; then warm the yellow. When the Purple in the Glasses is thoroughly cold put in a little of this to every one, just Blood-warm; it will not melt the purple, but will harden upon it, keeping separate. Thus do, one after another, with all the others; and if a little of the Jelly be saved without any Colouring, it may be put in a proper Place among the other coloured Parts. This is well tasted, and has a pretty Look.

3. *Hartshorn Flummery.*

Set on a Saucepan very clean, with five Pints of Water, put into it half a Pound of large and thin Hartshorn Shavings; boil them till only a Pint of Water is left, then strain this off, and set it by to cool. Heat half a Pint of thick Cream, and set it by to be cold again. When the Hartshorn Liquor is cold it will be a strong Jelly; put it into another Saucepan, heat it, and then put it to the scalded Cream; add to these a Quarter of a Pint of Mountain, three Spoonfuls of Orange-Flower Water, and as much of the finest Sugar as will render it palatable.

These are all the Ingredients, but the Flummery never looks well unless they are very perfectly mixed, and this is not easily done: They must be beat up together for an Hour, and that will blend them entirely into one Mass.

When it is thus ready set a Bason of Orange-Flower Water by you, and dip every Cup in it that the Flummery is to be put into. This is a great Advantage,

tage, for it gives the Flummery a very high Flavour, and makes it come out of the Cups easy.

C H A P. II.

*Syllabubs.*A R T. I. *A Syllabub from the Cow.*

PUT into a large Punchbowl a Bottle of Wine, sweeten it to your Palate, and grate in the third Part of a Nutmeg; stir this about, and then take it to the Cow; let there be milked into it as much as will make a proper Quantity of Syllabub, then pour upon it half a Pint of rich Cream. This is the common Syllabub, to which the Cream is a very great Addition.

It may be made with Cyder as well as Wine, and may be prepared at home in this Manner.

Put the Wine, Sugar, and Nutmeg together, and have the Cream ready; make a sufficient Quantity of Milk, that is about a Quart, as warm as when it comes from the Cow, put it into a large Teapot, and pour it into the Bowl to the Wine; hold the Teapot at a considerable Height above the Bowl, and it will do as well as milking the Cow.

2. *Everlasting Syllabubs.*

This is a Sort of whipp'd Syllabub, that will keep a Week or ten Days, and be all the while as good as at first; and it is a very rich and well-tasted Kind.

Put into a very large Bowl half a Pint of Sack, and the same Quantity of Rhenish; squeeze in three large Seville Oranges, and add a Pound of the finest Sugar beaten to Powder; stir these well together; then grate in the fine upper yellow Part of two large Lemons;
 stir

stir it once again together, and then pour in a Quart and half a Pint of rich Cream ; beat it about with a Whisk for an Hour, or mill it with a Chocolate-mill, which is the best Way, and when it is well frothed put in one Spoonful of Orange-Flower Water ; beat it up again, and when it is enough fill the Glasses with a clean Silver Spoon.

3. *A Trifle.*

Break into a large Bowl some Naples Biscuits, Macaroons, and Ratafia Cakes ; cover the Bottom of the Bowl with these, and pour over them as much Sack as will just wet them through.

Make a boiled Custard, but moderately thick ; set it by to cool, and when quite cold pour it over them ; then pour in a Syllabub over that, and garnish with Currant Jelly and Ratafia Cakes.

S E C T. V.

Of the Oeconomy of a Table.

C H A P. I.

Of the placing the Dishes.

I N a preceding Number, treating on this Head, we observed that the French had an Advantage over us in the Shape of their Tables, which being round or oval admit of placing the Dishes in more pleasing Forms than ours which are square or oblong, tho' ours are more convenient for sitting : But there is also another Article on this Head wherein they have
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the better of us; this is the Sizes of their Dishes. We have larger and smaller in a great Variety, but the Difference is irregular: They have three Kinds, which they distinguish by the Names of large, middling, and small Dishes, and these they always allot to particular Places on the Table. When this Division of their Dishes and the Form of their Tables is kept in the Reader's Memory, the Manner of placing them according to their Method will be easily understood.

For five Dishes they use a Table that is a long oval, and place them in this Manner: There is one great Dish in the Middle, the others are two middling and two small; one middling Dish is set at each End of the great one, and one small one on each Side. Nothing can be more familiar than this Disposition, yet there is a Freedom, Ease, and Prettyness in it that greatly excels our Method: There is no disagreeable Line, no crowding; the Food is placed conveniently for the Company, and they sit at their Ease, without discomoding the Dishes, or having their Plates half in their Laps. They usually set down six People to this Dinner, and allow Table-room.

For a Company of twelve People they serve up seven Dishes, and their Table is a shorter and broader Oval. They have one large Dish, four middling, and two small; the large Dish is placed in the Middle, the four middling ones at the two Ends, two at each, and the two small ones one on each Side. The Dishes are thus kept in a pretty Form in the Middle of the Table, and the Company sit regularly round at no great Distance.

For eighteen People they usually have a Table of a long oval, and thirteen Dishes; these are, one large, two middling, and six smaller, and they add two of a particular Size, very little bigger than Plates, which they call Side Dishes.

The great Dish is placed in the Middle, one of the middling ones at each End of it with some Distance, three small ones are placed on each Side of the great
one

one in a hollowed Line, and the Side Dishes are placed one on each Side of the two middling Dishes at the Ends. This is a very elegant Table.

C H A P. II.

Of doing the Honours of a Table.

IN the old Times in England People thought they never entertained one another well if they did not feed them till they almost burst; as at present a Man in Germany never thinks he makes much of another if he do not make him drunk: But this is a Custom set aside for a much more reasonable Civility.

We suppose that every one who dines with us dines as well every Day at home, and therefore we make no Pother about his eating as if he were at a Feast.

It was then the Custom for the Mistress of the Table to see her Guests eat of every Dish, and eat heartily, now the true Politeness among perfectly polite People is not to regard what any one eats; but if there happen to be a Person present not so much used to Company, the Lady is to ask him without Ceremony whether she shall help him to this or that Dish. This is an Ease to the Backwardness of the Guest, and may be done in such a Manner as not to draw on the Attention of the rest of the Company.

As our Grandmothers made too much Racket with their Guests, we are in danger of making too little; so natural it is for Ladies to run from one Extreme to another: Those good old Gentlewomen were always finding Fault with their Food, and thought they shewed their own Skill in letting their Company know what was amiss, and their Civility in expressing their Concern that Things were not good enough for their Entertainment: On the other Hand, our Ladies are too apt to neglect the Thing entirely; they take

no Notice of their Provision ; it goes as it comes, and the Company have no Way to know they are welcome but by remembering they were asked.

A middle Practice is better : Let the truly polite Lady take some Notice of these Things, though not too much, and let her praise a Dish that is good tho' 'tis her own ; 'tis civil to recommend it to her Company.

CHAP. III.

Of Carving.

A. R. T. I. *To carve a Rabbit.*

LAY the Belly of the Rabbit upwards, and first cut the Apron from the Belly, then put in the Knife between the Kidneys, which are laid open by taking off the Flaps, and loosen the Flesh from the Bone on both Sides : When it is thus far prepared for carving, turn the Back upwards, cut the Back across between the Shoulders, and after doing this draw the Knife down on each Side the Back Bone, dividing the Legs and Sides all the Way from the Back : Lay open both Sides, from the Scut to the Shoulder, and then lay the Legs close together ; this makes the whole come easily and neatly to Pieces ; and as to the Head, instead of splitting it to get at the Brains, raise the End of a little Bone that is at the Back of the Head, and this comes off in a Scale, leaving them quite open. The Expression is *unlacing* a Rabbit.

2. *A Partridge.*

Raise the Legs and the Wings, neatly dividing them at the Joint ; and, if you would have the Bird eat in its highest Perfection, sauce them with Salt, powdered Ginger, and a little white Wine. Some
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use red Wine in France, but this spoils the Flavour. The proper Expression is to *wing* a Partridge.

3. *A Pheasant.*

In carving the Pheasant raise the Wings and Legs exactly in the same Manner as in the Partridge, and sprinkle on a little Basket Salt, nothing else. The Expression is to *allay* a Pheasant.



S E C T. VI.

Of PICKLING *and* PRESERVING.

C H A P. I.

Of Pickling.

A R T. I. *Mushrooms.*

THERE is no Pickle equal to the Mushroom when done in Perfection, but none is so easily spoiled. We shall lay down the finest Method that can be used, and which will never fail to make them white, firm, and high-flavoured.

Distil the Vinegar with Spices for this Purpose, and in the following Manner: Put into a Bucket-headed Still, a Gallon of Vinegar and half a Pound of common Salt; add two Ounces of Mace, one Ounce of Nutmegs, and one Drachm of Cloves; distill off the Vinegar as long as it drops four. When the Vinegar is prepared, manage the Mushrooms thus: Pick only the finest Buttons, cut off the Bottoms, and wash them

with a Piece of Flannel in warm Water three or four Times over ; then set on the Fire a Stewpan with some Water and a Handful of Salt ; when it boils throw in the Mushrooms, let them boil three Minutes, then strain them through a Cullander, pour them out into a clean dry Cloth, cover them with another, and when they are well dried put them into Bottles, with a Blade of Mace and a Slice of Nutmeg here and there between ; fill up the Bottles with the prepared Vinegar, and pour on the Top some melted Mutton Fat.

2. *Sampire.*

Lay a Quantity of fresh Sampire in a Pan, throw two Handfuls of Salt over it, then put in as much Water as will cover it ; let it be thus a Day and Night, then take it out, dry it between Cloths, and put it into an earthen Pipkin with a Handful of Salt and as much Vinegar as will cover it ; set it over the Fire, and when it is green and crisp pour all together into the Jar, and when cold tie it up. It will not be so green this Way as if done in a Brass Saucepan, but the Greenness then comes from the Brass, and is unwholesome.

C H A P. II.

Of Preserving.

A R T. I. *To preserve Quinces whole.*

THIS is a very barren Season for preserving, because there are no Fruits. We have however fixed upon one, the Quince, which may be had at this Season fit for the Use, and shall give the Manner of preserving it red, which is very beautiful as well as pleasant.

Cut in Quarters half a dozen Quinces, take out the Cores, and scald them in Water till they are tender ; then take them out, dry them, and pare them.

Weigh

Weigh the clean Quinces in one Scale and fine Sugar in another; when there is as much Sugar as Quinces take them out of the Scale, and put in Weights to know the Quantity of Sugar. To every Pound of this put a Pint of Water, boil this up to a Syrup and scum it well, then put in the Quinces, and let them stand all Night; they will grow red; then boil them up till they are so soft that a Straw will run through them; then take them out, and put them into Glasses, boil up the Syrup once more, and then pour it over them.

2. *Jelly of Citron.*

This, though called a Jelly, is properly a Preserve or Syrup. Chuse five fresh Citrons, cut them in Slices, peel and lay them all in a China Bason, strewing Sugar among them; let them lie together all Night, and then pour off the Liquor, boil it up to a Jelly or Syrup, and put in the thin yellow Peel of some fresh Citrons.

S E C T. VII.

Of Brewing and Liquors.

C H A P. I.

Cyder and Beer.

IN brewing take great Care that the Malt be good, and the Water proper for the Purpose, the softer it is the better. No Water is fit for brewing that will not lather easily, and well, with Soap; for all hard Water gives a harsh unpleasant Taste to Beer, and beside,

beside, it requires the greater Quantity of Malt to give the Beer the same Strength.

Some advise, that the Water be also perfectly clear as well as soft; but we see the finest Beer in the World made with the Water of muddy Rivers. The Thames Water is far from clear, yet it excels all other; therefore we find the Softness is of more Consequence than the Clearness.

The Choice of Hops is very essential, they must be fresh and fine, or the Beer will never have its true Flavour.

When the Liquor is put into the Copper it is a good Practice to strew upon it three or four Handfuls of coarse Meal; this makes it boil much the sooner, and softens it very finely.

Just when the Liquor scimmers is the right Time to take it out, for if it be kept to boil it is so much Time and Fuel wasted, and it will be the longer in cooling. The Malt must never be mixed with boiling hot Liquor, for that makes it run into Clots, and into a kind of Paste, and then it never will mix kindly afterwards.

It is not enough that the good Housewife know how to brew good Beer; she must also see that she keep it properly. For March or October Beer there must be large Vessels with sound Iron Hoops; leaving the Vent-peg always open palls the Beer; and if close, unless the Vessels are well secured, it will often burst them.

2. *Of Cyder.*

When the Cyder is pressed out it should stand two Days in an open Vessel, covered with a Cloth just to keep out the Dust. From this let it be drawn into a Hogshead, filling but four Fifths, and let the Bung be left open. In this Manner, standing cool and quiet, the gross Parts will settle, and none of the Spirit will be lost.

When

When it has stood thus some Days, draw it off into Pails and fill it into other Vessels, leaving them one eighth Part empty. Let these be set in the coldest Cellars with the Bung open, and a loose Paper over the Hole. Thus it will settle gradually and ferment gently, which are the great Articles in making of Cyder.

C H A P. II.

Of Made Wines.

Orange-Wine with Raisins.

FEW Made Wines are the Produce of this Season, for Want of Fruits; but we shall instance this as one fit for the Season.

Put eight Gallons of Water in a small Copper, and boil away a third Part of it, then set it to cool a little; pick thirty Pounds of Malaga Raisins, chop them very small, and set them in Readiness. Chuse twenty very large and fine Seville Oranges, pare half of them very thin, put the Peels to the Raisins in a large Tub, and pour upon them five Gallons of the Water tolerably hot; let these stand together five Days, stirring it well once or twice a Day; then let it be strained through a Hair Sieve, pressing it pretty briskly.

Put this Liquor in a Runlet, and put into it the Rinds of the other ten Oranges cut thin.

After this press out the Juice of the twenty Oranges, and boil it up with a Pound of fine Sugar; add this to the Liquor, and stir it well together, then stop it up close, and set it by for two Months, after which bottle it up.



S E C T. VIII.

Of the DISTILLERY.

C H A P. I.

Of Stills, and their Use.

IN general the Still with the Worm-Tub is fittest for making Simple Waters, and that with the Bucket Head, for the Cordial Waters in a Family.

Take Care that the Head in the Bucket-still be always kept cool by drawing off the Water in the Bucket as fast as it grows at all hot, and putting cold Water in the Place. As to the Worm-Tub Still, if the Tub be tolerably large, the Quantity of Water it holds will be sufficient to keep the Worm cool during the Time of distilling the Quantity of any one Water used in a Family without changing; but it should be let out after every Time using, and supplied with fresh, otherwise it will grow stinking and offensive.

The best Way is to place it so that a Cock may be fixed over it in the Water-pipe, if there be one.

The Fire must be brisk for Simple Waters, and gentle for Cordial Ones; and if, from its being too violent, either of them boil over, and run thick and foul into the Vessel that is set to receive the Water, the whole must be put back, and distilled over again.

The Waters that have powdered Ingredients are most liable to these Accidents. Cinnamon Water is the most apt to boil over of all others, and Care must therefore be taken accordingly.

C H A P.

C H A P. II.

Of Simple Waters.

A R T. I. *Small Cinnamon Water.*

PICK twelve Ounces of choice and fine Cinnamon, such as has a sharp Taste, and is in clean slender Rolls or Quills, beat this to a coarse Powder, sift it through a Hare Sieve, and put it into a bucket-headed Still: For this, tho' a simple Water is an Exception to the general Rule, and is best made that Way: Put with it seven Quarts of Water, and a Handful of Salt; stir it well about; heat the Still by a small Fire, cover it well up, and let the Fire die away by Degrees: It must not be so much as to heat the Neck of the Still. The next Day make a fresh Fire, and distil off a Gallon of Water. It will be whitish, and of a very pleasant Taste and Smell.

2. *Milk Water.*

Cut to Pieces a Pound of dried Spearmint, a Pound of dried Angelica Leaves, a Pound and half of fresh Rue, and a Pound of fresh Sage; put these into a Still with three Gallons of Water, and distil off a Gallon and half.

C H A P. III.

Of Cordial Waters.

A R T. I. *Plague Water.*

CUT to small Pieces Half a Pound of fresh Sage, a Quarter of a Pound of dry Roman Wormwood, three Quarters of a Pound of fresh Rue, Half a Pound of dry'd Mint, and four Ounces of fresh Rosemary;

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add to these an Ounce and half of fresh Angelica Root, and two Ounces of Virginian Snakeroot; put these into the Bucket-headed Still, with a Gallon of Melasses Spirit, and a Gallon of Water; let them stand all Night, and the next Morning distil off three Quarts; add to this two Quarts of Water, with a Quarter of a Pound of fine Sugar dissolved in it.

This is an easy Receipt, and makes the Water very fine.

2. *Citron Water.*

Chuse half a dozen Citrons, or, if they are not to be had, five large Lemons will do; peel them very carefully into a Bowl in which there is two Quarts of the finest Melasses Spirit; cut in an Ounce of Nutmegs, and then put it into the Bucket-headed Still; put to it three Quarts of Water, and light a small Fire.

Dissolve two Ounces and a half of Sugar in a Pint and half of Water, and add to this a Quarter of a Pint of Orange-Flower Water; let this stand by; then work off three Pints and a Quarter from the Still, add to it the dissolved Sugar, and set it by for a Week. It will be equal to the finest Barbadoes Water.

S E C T. IX.

Of the Conduct of a Family with Respect to Health.

C H A P. I.

Of the Diseases of February, and their Remedies.

THE Rules to be observed for the preserving of Health this Month are the same with those delivered in the last, and the due Care consists in two Articles;

Articles; these are, the avoiding Damp and Wet abroad, and the not keeping too hot within Doors. The Disorders to which Persons are most liable this Month are in general the same also as those most frequent in the last. As Spring advances we shall have Occasion to name more, but we may here mention the following.

A R T. I. *Of the Cholick.*

Cholicks from Fruit are more frequent in Summer, but that from a Disorder in the Gall is common at this Season: It is known by a Pain in the Stomach, a loathing of Food, a Heat about the Navel, and a vomiting of green or yellow Matter, sharp, and of a bitter Taste.

Let the Person afflicted with this Disorder be blooded, and then give the following: Pour Half a Pint of boiling Water upon Half an Ounce of Sena, let it stand till it is cold; then add to it a Drachm of vitriolated Tartar, and an Ounce of lenitive Electuary, and drop in eighty Drops of Asthmatick Elixir. Let two Spoonfuls of this be taken every two Hours till it works.

2. *The Stone Cholick.*

This is known by frequent Vomiting, and by a Pain in the Back, and often by a Numbness down one Thigh; the other Symptoms are the same with those of the last-mentioned Kind.

For this give the following Mixture: Dissolve two Ounces of Manna in six Ounces of Water; add to it half a quarter of a Pint of Oil of sweet Almonds; shake all well together, and let the Patient take two Spoonfuls every Hour till it goes through him.

This will stay upon the Stomach when nothing else will, and frequently brings away large Stones.

3. *Asthma.*

There are different Kinds of Asthmas, as the convulsive, and others to be mentioned hereafter; what is most troublesome at this Season is the moist Asthma; this is attended with a Stuffing at the Breast, great Difficulty of Breathing, and a Cough, which sometimes brings up a tough Phlegm. For this give the following Emulsion:

Dissolve two Drachms of Gum Armoniacum in Half a Pint of Hyssop-Water, and add two Spoonfuls of Oxymel of Squills. Let the Patient take two Spoonfuls of this Night and Morning, always shaking the Bottle.



S E C T. X.

Of the Management of Cattle and Poultry.

C H A P. I.

Of Cattle.

THE Difference is not much in this Article between the Months of *January* and *February*; so that most of the Rules laid down there hold good also here. Care and Tenderneſs are to be employed in the raising of all Kinds of young Creatures; but, if the Weather be favourable toward the End of this Month, they will get a great deal of Good by being turned out of their Houses and Stalls in the Middle of the Day.

In feeding Calves take Care that their Milk be just warmed; if cold it will do them Harm, and if very hot it is often present Death, for they will swallow it
when

when it will scald their Stomachs. If there be any short sweet Grass near, and the End of *February* prove very fine, they may be turned into it in the Middle of the Day, and taken up just before the Fall of Evening.

Sheep should be kept at this Time upon the highest Pastures, where the Grass is sweetest and the Ground driest, to prevent the Rot; and the same Care must be taken of Lambs as of Calves.

Hogs should be fed in a Morning with some dry Food and the Refuse of the Kitchen; and toward Noon turned out to pick up the short Grass and such other green Meat as they can find.

These are the short Rules for keeping them from Disorders: In the first Chapter of the next Section we shall lay down the most approved Remedies for such as they are most likely to fall into from Neglect, or any unavoidable Accidents.

C H A P. II.

Of Poultry.

A R T. I. *Of the common Fowl.*

AS this is an excellent Time for the Setting of the common Hen, that is an Article greatly to be regarded: The best Time to set a Hen throughout the Year is in *February*, and best of all about the latter End of the Month: The Chickens will be stronger and more hearty than at any other Season. The Chickens she now produces will be in *March*, and one Brood of them is worth three at any other Time of the Year.

The Time of a Hen's Sitting is about three Weeks; and she must have Food and Water set by her at this Time, that the Eggs may not be chilled on her going from the Nest to seek for it. The Eggs should be
marked

marked to see whether she turns them; and, if not, then let the Mistress turn them for her. Seventeen Eggs is a good Number, and it is best to set her either upon so many, or fifteen, or thirteen. An odd Number of Eggs always lies better under a Fowl than an even Number.

2. *Of the Goose.*

February also is a very good Month for setting of the Goose, for if she hatch very early in Spring she will sometimes have another Brood that Year.

You may know when she is about to lay by her carrying Straws about in her Mouth: Make her a good Nest, and set her upon about thirteen Eggs; give her Food and Water. See that her Eggs be turned; and if a Gosling or two are hatched some Time before the others, keep them by the Fire Side in some Wool put into a Basket; when the rest are hatched these are to be put to them.

3. *Of the Turkey.*

The Turkey seldom begins to lay till next Month; however in this it will be proper to feed her a little better than usual, and to make her more than ordinary familiar and tame; then a good Nest is to be prepared for her, and probably she will take to it; but this Fowl is naturally wild, and very apt to lay astray.

4. *Of the Duck.*

February is a very good Month for the Duck's sitting, and she should therefore be encouraged to do it: When she has set herself she must have Food and Water set near her, and her Eggs must be turned at Times. She will hatch with little Trouble, and her Young are so hardy that they very soon take Care of themselves.

S E C T. XI.

*Of the Disorders of Cattle and Poultry,
and their Remedies.*

C H A P. I.

Of the Disorders of Cattle, and their Remedies.

A R T. I. *Of the Calf.*

IF the Calf be troubled with an overflowing of the Gall it will keep him lean, spoil his Appetite, and make his Flesh yellow. The Disorder is known by a Yellowness in the Whites of his Eyes. The Remedy is this: Let it be blooded by cutting off a Joint of the Tail; then mix a Drachm of Powder of Turmeric and ten Grains of Saffron cut small, in a Quarter of a Pint of Milk, and give this every Morning for three Times. If this does not do, mix Half an Ounce of brown Sugar-Candy powdered, with an Ounce of Butter and a Drachm of Tar; give this three Mornings more. It will purge the Calf and compleat the Cure.

2. *Of the Sheep and Lamb.*

The Sheep at this Season is often disordered in the Lungs; this is known by its panting and coughing. For this bruise some Coltsfoot and squeeze out the Juice: Give a Quarter of a Pint of this every Morning, with a Spoonful of Oil and a Spoonful of Honey. Continue it till the Creature is well.

3. *Of*

3. *Of Hogs and Pigs.*

Pigs are often troubled at this Season with an Overflowing of the Gall. This is seen by a Yellowness in their Eyes, and by a Swelling under their Jaws. The best Remedy is this: Stamp some Great Celandine, squeeze out the Juice, which is very yellow; mix with Half a Pint of this three Spoonfuls of Vinegar, and give it to the Creature every Morning before it has any Food. Repeat it five Times.

C H A P. II.

*Of the Disorders of Poultry, and their Remedies.*A R T. I. *Of Cocks and Hens.*

THE Eyes of these Birds are often sore at this Season, and the Cure is this: Chew two or three Leaves of Ground Ivy in the Mouth, and spit out the Juice into the Eye. This quickly cures it.

They are often costive at this Time also, from the Want of Plenty of moist Food. Steep some Bread in Urine; they will eat it freely enough, if not too strong of the Urine, and it will cure them.

Sometimes they are overrun with Vermin at this Time: To kill these boil some beaten Pepper in Water, and wash them all over with it. It never fails to destroy the Vermin.

The Disorders of the other Kinds of Poultry kept in the Yard are at this Season much the same with those of the Hen and Cock, and the same Remedies are to be used for curing of them without any Alteration.

S E C T. XII.

Of the Management of the GARDEN and ORCHARD.

C H A P. I.

Of the Garden.

MOST of the Summer Crops are to be sown in the Garden this Month, therefore let there be great Care taken not to lose the Opportunity. The mildest Weather is the best, and is always to be seiz'd upon when it comes.

Sow Leeks and Onions, Carrots and Parsnips, Dutch and Cabbage Lettuces, and Spinage. Begin now, and sow a small Parcel again before the End of the Month.

Young Salletting is to be sown now in warm Borders, and on moderate Hot-beds.

Sow also at the latter End of this Month Scorzonera, Salsify, and Skirrets.

Cauliflowers are to be sown on moderate Hot-beds; and plant in the open Ground Shallots and Rocamboles, Chives and Garlick.

Plant out some Cabbage Plants, particularly the Sugar-loaf Kind.

Sow Pease and Beans twice this Month, that the Crops may follow one another. The Windsor Beans, and the larger Sorts of Pease, are most proper. New Hot-beds should be made for Asparagus; and the Cucumber and Melon Plants raised last Month should now be planted out on new Beds for them.

French Beans should be sown toward the End of this Month on a moderate Hot-bed. The Dwarf-White is the best Sort.

At the End of this Month plant out the Silesia and Cos-Lettuces where they are to stand; and some Cabbages and Savoy are to be sown now for Winter Use.

Celeri should be sown now on a warm rich Border ; and Potatoes should be planted, as also Jerusalem Artichokes.

Finally, let the Garden be well looked over for Snails and other Vermin, and all killed that are to be found.

Carnations are now to be planted out into the Pots where they are to blow. Auricula and Polyanthus Seed is to be sown ; and all Flower-beds are to be cleared of Weeds, and the Ground just raked on the Surface. The perennial Flowers, as Campanulas, French Honey-Suckles, Sweet-Williams, and the like, may now be transplanted into Borders ; but the best Time for this is October. Ranunculus's, Anemones, and Tulips, must be covered over in frosty Nights ; and Hot-beds are to be prepared for the annual Flowers:

C H A P. II.

Of the Orchard.

THE hardier Kinds of Fruit Trees are now to be pruned, and toward the End of the Month some of the more tender Kinds.

All Kinds of Fruit Trees are to be transplanted into the Places where they are wanted ; and if the Weather be favourable toward the latter End of the Month, Pears, Plumbs, and Cherries, may be grafted.

Kernels of Stone Fruit may be sown, and in moist Weather the Moss should be pulled off from the Fruit Trees, and the greatest Care is to be used for keeping off mischievous Birds. Among these, the principal and worst of all is the Bull-Finch ; there is no End of the Destruction he makes in eating off the Buds of Fruit Trees.

The Care that is taken this Month, both in the Garden and Orchard, is very well repaid in the Summer ; but the Season is to be watched for doing most of the Things here named. One Week in the latter End of *February*, when the Weather is mild and favourable, is often of more Consequence than three at any other Season of the Year.

T H E

THE
COOK, HOUSEKEEPER's,
AND
GARDINER's COMPANION.

M A R C H.

HAVING in the preceding Months gone thro' an Account of fresh Provisions in general, and of those Articles we have from abroad; as also of the Nature of each, and the Manner of suiting them to various Constitutions. We shall now begin with those in Season for the Month, and the best Methods of sending them to Table.

S E C T. I.
Of Marketing and Providing.

C H A P. I.
A Bill of Fare for the Month of MARCH.

WE shall here, as in the Bill of Fare for the preceding Months, divide the numerous Articles out of which the Housekeeper and Cook are to provide according to the Number and Expence of the Family they serve, under five distinct Heads, or Articles, beginning with the most general and substantial.

ART. I. *Butchers Meat.*

Beef, Mutton, Lamb, and Veal, continue as they were, for they are in Season always, and the Weather is yet cold enough for Pork ; so that the Meat Kind never offers a greater Variety or Plenty. A roasted Rump of Beef, or Sirloin, with Horse-radish, or the Rump boiled with the choicest of those Greens we shall mention in the fourth Article, is a creditable, substantial, and favourite Dish. Stewed Beef is also yet a good Dish, and the Season continues for Soup and Bouillie.

Of Mutton, there is the Choice of the Leg and Neck, or other Pieces equally for roast or boiled ; and the Loin, cut to Chops for dressing plain, or in the Manner we shall describe more richly.

The Loin of Veal roasted is proper, and the Knuckle may come boiled with some choice Piece of Bacon and the proper Greens of the Season. These are the plainer Dishes. The Head in various Forms, and the Sweetbread, are more elegant.

Lamb is less a Delicacy now than in the former Month, but it makes a very good Appearance at a genteel Table.

Collar'd Pig is a proper cold Dish ; and Pork, as well as Bacon, comes in under various Forms.

Hares are in high Season also, and there is Venison. There are also at this Time very fine Rabbits. From these Materials a Table may be very well furnished at any Rate the Family chuse, in the more substantial Part ; and Soups of all Kinds are in high Season.

2. *Fish.*

This Season favours the Fishmonger ; the fresh Water Fish in general are in good Order, and those from the Sea are fit for keeping.

Of this kind we have now Skate, Cod, Haddock, Soals, Plaise, Flounders, and Salmon. Lobsters are in very good Season, and there are large Crabs that make a very fine Dish. Cray-Fish are in their Prime,
and

and there are Prawns very fine ; there are also Oysters, and particularly the large Rock Sort are in their Prime. They are most used for pickling, but they are better for eating fresh than almost any other Kind. To the Sea Fish Kind we are also to reckon Sturgeon, which, in the pickled State, is now a fine Dish. And there is another Sea Fish we name singly, that is to be had this Season, and is not enough regarded ; this is the the Mullet : Boiled it is an excellent Dish.

From the fresh Waters we have now Pearch in great Perfection ; their Flesh is firmer than in a more advanced Season. Pike, of a moderate Size, are now an excellent Fish, and come in very well broiled ; when larger, they are best boiled ; and when at the biggest, roasted. But for this there are other Seasons more favourable. Carp and Tench are now in Season, and there is a coarse Fish, according to the common Opinion, that is this Month very fine ; this is the Bream. It is a very hard Fish till at the full Growth ; but when of a great Size it quickly fattens, and is well tasted. Eels are also good this Month.

3. *Fowls.*

Teal, Widgeon, and Wild Ducks, are to be now had in Perfection. Also Woodcocks, Snipes, and Quails, are often very fat and very good at this Time ; and the Lincolnshire Bird, called the Ruff, and its Hen, the Reeve or Rea, are in prime Season.

Pigeons are in fine Condition, and, with a good Ham that is not too large, they make a very valuable and elegant Dish. Turkeys and Chickens come in plentifully, and every other Fowl of the Yard Kind.

4. *Greens and Roots.*

We have named the principal Dishes, and we now come to those Ingredients from the Gardens that are most proper to accompany them. This may be naturally called the End of Winter in this Respect, rather than the Beginning of Spring, because the Earth has had little Influence of the Sun to bring its Productions

ductions forward. But the Assistance of Art here comes in, and beside what remains upon the Ground, Hot-beds anticipate the Summer Products.

Of the natural Products there will be yet some Cabbages and Savoy's left, and there will be very fine young Sprouts when theſe two Kinds have been cut ſome Time before.

There will very often be fine Brocoli alſo and Cole-worts. Spinage too is very fine, and plentiful enough.

Of Roots, there are Carrots and Parſnips, Potatoes and Turnips, and that Root called Jeruſalem Artichoak.

Chardoons are very fine at this Seaſon ; when they have been well managed they will be very large and tender throughout, and as white as Cream ; and there is Celeri.

As to Sallets, there are Endive and all the young Spring Sallettings ; for they riſe at any Seaſon when the Ground will let them get up.

From the Hot-beds there are this Month Aſparagus, Cucumbers, and Kidney-beans ; and Peaſe may ſometimes be met with in the Markets ; they may eaſily be had in large Families in the Country. And there is Variety of Sallet-herbs and Pot-herbs, as alſo Beet-Root for eating among Sallet, and for pickling.

5. *Fruits.*

March is but a very indifferent Month for the Deſert in this Reſpect ; the Winter Stores in general are either uſed up or decayed, and there is no Supply yet freſh ; however, ſomething may ſtill be done by the careful Provider. Some Kinds may be met with at Market, and more may be preſerved till this Time with proper Care at Home.

There are ſeveral good Pears, as, the Saint Martial, the Bergamot, Bugi, and the Winter Boncretien ; the Double Fleur, and the Bezy de Chamontelle. Theſe are good for eating raw ; and for baking there are the Union or Pickering Pear, the Parkinson's Warden, and the Cardillac.

For

For Apples there may be had still the Nonpareil, the Golden Russet, and Wheeler's and Pile's Russet; the Kentish, French, and Holland Pippin; the Stone Pippin, the John Apple, and Loan's Pearmain.

S E C T. II.

COOKERY.

C H A P. I.

Of Roasting.

WE have already given Directions for roasting most of the Things we have mentioned as the general Articles, and which are most common; but there remains several Articles to be considered under that Head. The roasting of Venison is a very particular Thing, and there is nothing that does a good Cook more Credit. We shall give such Directions on this Head as cannot be mistaken.

A R T. I. *Of roasting a Haunch of Venison.*

When a Haunch of Venison has been kept a proper Time, prepare a good sound Fire; let it be made some Hours before, that it may burn steadily and well when the Meat comes before it.

Butter four Sheets of white Paper very well, and roll them round the Venison as soon as it is spitted; tie them on with Strings, and then lay it down; lay it at a proper Distance, let the Fire burn steadily, and let there be no Interruption in the turning, and two Hours will roast it without Danger. If very large let it be down half an Hour more, and, if a small one, as much less Time may be sufficient.

When it is enough set a Drudging-box of dry Flour just ready, and nimbly take off the Papers, drudge it slightly,

slightly, and it will presently froth up; then immediately take it up. The Danger is the losing the Fat, which will be easily done now it is uncovered, so that this Article must be managed expeditiously; but if that be done there is no Fear.

Many other Ways have been contrived to prevent the Loss of the Fat of Venison, and many a good Haunch has been spoiled by regarding them. In Taverns we generally see a Haunch too raw, and in private Families it often looks as if it were boiled instead of roasted, by the covering up the Fat with Paste. I have dressed many in my Time to the Satisfaction of my Friends, and never used any other Method than Paper: Four Sheets of this are a sufficient Guard against losing it, and they do not keep out the Effect of the Fire, which Paste does, so that neither Fat nor Lean has its true Flavour.

Gravy and sweet Sauce should be sent up in Basons, but nothing must be put into the Dish with it.

2. *To roast a Saddle of Mutton the French Way.*

Chuse a fine fat Saddle, or two Loins cut together, raise the Skin, and roll it up as far as can be, without breaking it any where; then chop small a good Handful of sweet Herbs, and a little Parsley; bruise some Pepper, Bay Salt, Mace, and a little Nutmeg; mix these well with the Hand; then cut into very thin Slices a Quarter of a Pound of the lean Part of a good Ham; mix this with the Herbs and Spices; cut a large Onion very small, and shave very thin some Truffles; chop some Morels, and mix all well together.

Let the Meat be just warmed at the Fire, then lay on these Ingredients as even as may be, draw the Skin over them, and cover the whole with three Sheets of Paper well buttered; lay it down to a steady good Fire, tie on the Paper, and roast it in the Manner of Venison.

When

When it is enough take off the Paper, and strew upon the Meat some grated Bread ; brown it up well, and send it to Table. Put a little Shalot under it in the Dish.

This is a high and elegant Dish in a first Course.

3. *Mutton, Venison Fashion.*

Let the Butcher cut a Leg of Mutton in the Shape of a Haunch of Venison, and let it be a Leg of a very fat and fine Sheep ; lay it with the back Side downward in a deep Pan, and gently pour on it a Quart of red Port Wine ; let it lie in this two Days and Nights, then spit it, and pour some of the Liquor into the Dripping-pan : This and Butter makes the proper Basting. When it is done, which will be in an Hour and half, send it up with nothing but its own Gravy in the Dish, and send good Gravy and sweet Sauce with it in two Basons.

4. *A Rabbit, Hare Fashion.*

Chuse a large, well-grown, young Warren Rabbit, keep it some Time after it is killed, and when it is to be roasted lard it well with fine Fat of Bacon ; make some good rich Gravy and send up with it. A great deal of the Goodness depends upon the Kind of Rabbit, but if that be rightly chosen it eats very well.

5. *Of roasting Poultry.*

The Fire is to be considered greatly in the roasting of Poultry ; indeed almost all depends upon it : Thus, if the Fire be poor and dead the Fowl will be palled and ill tasted ; a very brisk, very clear Fire alone can answer the Purpose, and this will give them their true Taste, and make them look beautiful.

6. *Roasting a Pheasant.*

Let there be a good Fire, but not a very violent one ; pick and draw the Pheasant, have some choice Bacon for larding, lard them carefully, and spit them, put a Paper round them, and lay them at a Distance

from the Fire. When they are near enough take off the Paper, and brown them up.

A Fowl larded and roasted in the same Manner, and trussed with the Head on, is in all Respects so like a Pheasant that many a Person will be deceived by it, and such as are not will find it a very good Dish.

7. *To roast Quails.*

Pick and draw the Quails, and have a very clear Fire; put round each a Slice of Bacon, and over that a Vine Leaf, then spit and lay them down; let them be done at a moderate Distance from the Fire, for too near spoils them, and if they be kept too far off they never have their right Flavour.

8. *Roasting Fieldfares.*

Pick and draw the Fieldfares, and lard them well with fine Bacon; put a Paper round them, and lay them down at a Distance from the Fire; but when they are near done take off the Paper, and give them a Colour.

9. *To roast a Green Goose with Stuffing.*

Chop some sweet Herbs, and grate some Bread; grate in some Nutmeg among the Herbs, and strew upon them some Salt and Pepper; moisten the Bread with rich Cream, and mix all these together.

Then cut small the Liver of the Green Goose, mince some fine Bacon, mix these together, and add them to the rest; when all is mixed fill the Body of the Goose with the Stuffing, then spit it, and wrap it round with Bacon; lay it down at some Distance from the Fire, and when it is nearly enough strew over it Crumbs of Bread, and brown it up. The proper Sauce is very rich Gravy; and see it be sent up thoroughly hot.

10. *Ortolans.*

Let the Ortolans be picked and singed, but not drawn; put them upon Skewers, with Bacon round them,

them, and tie them to the Spit; when they are near done strew them with fine Bread Crumbs, and send them up hot.

11. *To roast a Brace of Leverets.*

Gut and skin a couple of Leverets, rub them well in every Part with their own Blood, and lard them with Bacon; spit them together, and when they are near enough take Care to give them a good Colour.

12. *To roast a Lamb whole.*

Chuse a fine small House Lamb, let it be skinned and trussed, and blanch it with Water just made luke warm; when this is done lard it well with very fine Bacon, spit it, and cover it well with Paper; lay it down to a moderate Fire, and let it roast an Hour and half; then take off the Paper to give it a Colour, lay it in a Dish, garnish'd with Water-Cresses, and let there be green Sauce sent up with it.

This is an uncommon Dish in England, but it is a very elegant one when there is a large Company, and is not very expensive. Those who have not tasted Lamb larded cannot conceive the Alteration.

C H A P. II.

Boiling.

WE have in the preceding Months given the general Directions for this Part of plain Cookery, as for that of roasting; therefore, what we have now to add concerning particular Dishes will be understood from a short Direction, the Cook keeping what has been there said in her Memory, though not repeated upon every Occasion.

A R T. I. *To boil a Tongue.*

Put a Tongue into the Pot over Night, and with it a large Quantity of Water; let it stand cold till next Day; then, about three Hours and a half before

Dinner set it on, and let it boil within the first half Hour, and keep boiling all the Remainder of the Time.

In this Case we speak of a dried and salted Tongue, but when it is one just taken out of the Pickle another Method is to be followed; the Water is to boil before 'tis put in, and after that two Hours will do it sufficiently.

2. *To boil a Fowl.*

Let the Pot be clean, the Fire good, and let there be a sufficient Quantity of Water; the more the better; if any Scum rises let it be carefully taken off. Nothing more is needful to give Fowls the most perfect fine Colour, and true Flavour. When they are boiled in a small Quantity of Water they will be brown and dirty, and many a Time I have known the Poulterer blamed when the Cook was in Fault.

As to the Time, Half an Hour will do a middling Fowl; a Chicken, according to its Size, will be done in fifteen or twenty Minutes.

A Turkey is to be boiled in the same Manner, only let there be Pot-room, for it is a Bird that requires it. 'Twill take about an Hour if a moderate large one, but if a very large one, more.

3. *To boil a Goose.*

Chuse a plump, well-fed Goose, at its full Bigness, pick and draw it, and set on a large Pot with near a Pail full of Water; throw in a little Salt and a Handful of Parsley; put in the Goose, and skim the Pot carefully from Time to Time. An Hour will boil it.

While it is doing have a large Saucepan with some Hearts of Cabbages; let them be well boiled, and, toward the Time of the Goose being enough, let the Cabbage be taken up, drained, and stewed for a few Minutes with Butter.

A Goose salted and boiled, with pickled red Cabbage, is also an excellent Dish, but quite of another Kind.

4. *To boil Potatoes.*

This, which seems very easy, is very often ill done; for one Plate of Potatoes that come to a Table as they should, ten are spoiled. Let the plain Cook observe this Caution:

First let her see that the Potatoes are sound and good, for many are bad at this Time; the red Kind are better than the white, but there is a yellow-skinned Sort that is best of all.

When they are thus well chosen put them first into the Saucepan, and then pour Water to them; let it cover them an Inch or thereabouts, but not more.

We have shewn that most boiled Things are spoiled by having too little Water, but Potatoes are commonly spoiled by too much. They must be perfectly covered, and a little allowed for Waste in boiling, so that they may be covered at last; but the less does for this, because the Water swells in heating.

Let them be set upon the Fire, and the Saucepan be close covered.

Open it at Times and look upon them; when they begin to crack they are enough.

Drain the Water clean from them, let them stand by three Minutes; then peel them, lay them evenly in a Plate, and pour over them thick melted Butter. This may appear trifling to some Persons, but the Family Servant will thank us.

5. *Boiled and broiled Potatoes.*

Chuse, dress, and peel the Potatoes exactly as before directed, but when they are peeled, instead of laying them in the Plate, put them on a Gridiron over a very clear brisk Fire; turn them as they brown till they are done all over, and then send them up dry with Butter in a Cup.

6. *To boil pickled Pork.*

Nothing is more useful than pickled Pork in a middling Family, and nothing whatever is so often spoiled

spoiled in the dressing. We hope to render this Work useful by instructing the common Servant in common Things, as well as furnishing the more expensive Tables. The Method to do pickled Pork well is this :

First chuse a well-pickled and good-coloured Piece, for if there be any Defect in this Respect while the Meat is raw, no dressing will mend it.

Wash this carefully, and clean out any Thing that may be amiss in the Crevices, or between the Bones, with a Knife.

Thus prepared put it into a clean Pot, with a very large Quantity of clean Water ; let it boil, and skim it as any Thing rises ; keep it boiling moderately, not violently, and observe that the Water must boil before you put it in. An Hour and half will boil a middling Piece, and the Time must be more or less as it happens to be larger or smaller. If it be taken up before it is enough nothing is more disagreeable, and if boiled too long it loses not only its Flavour but its Substance, becoming soft like a Jelly. Let the Time be well watched, and the Meat taken carefully out, and it will look extremely delicate.

C H A P. III.

Broiling.

A R T. I. *Pigeons.*

CHUSE some young and well fed Pigeons, pick and draw them, and have a clear fine Fire ready, shred some Parsley very fine, and cut among it two or three Leaves of red Sage and a Leaf of Burrel, roll this up in a Piece of Butter as big as a Walnut, with some Pepper and Salt, put this into the Belly of the Pigeon, tie up both Ends, and lay it on the Gridiron ; let the Gridiron stand high above the Fire, that there may be no Danger of burning ; turn the Pigeons
at

at Times ; and, against they are ready, have some Butter melted plain, but very thick and good ; send it up with them in a Cup.

C H A P. IV.

Of Frying.

WE have given the Way of plain frying before ; and shall now add some more elegant Dishes dressed this Way, taking in also under this Head the dressing of those Things which require the Stewpan.

A R T. I. *Beef Steaks with Eggs.*

Let the Butcher cut some thin Steaks from the prime Part of the Rump ; let there be a clear Fire, set on a Gridiron some Height above, strew some Salt, and immediately lay on the Steaks a little peppered and salted.

Have a Stewpan, or deep Frying-pan ready, and warm. When the Steaks are half broiled pepper and salt them a little more as they lie on the Gridiron ; then lay them with the peppered Side downwards in the warm Stewpan, strew a little more Pepper and Salt upon the upper Side, and set them on the Fire ; pour in as much rich Gravy as will just cover them as they lie flat in the Pan, and afterwards roll a Piece of Butter as big as a large Wallnut in Flour. Let all this stew together for half an Hour, then beat up a couple of Yolks of Eggs, spread them over the Steaks, stir all well together two Minutes, and then send it up to Table. This is no expensive Dish, and is a very good one.

2. *Olives of Beef.*

Break four Eggs, beat up the Yolks, and mix with this some Crumbs of Bread, sweet Herbs, Pepper, Salt, and a little Nutmeg.

Have ready some rich Force-meat made of Veal as we have directed before, and let the Rump Steaks be cut moderately

moderately thick and square; cover them well with the Force-meat, then roll them up, tie them to keep them in Form, and roll them in the Egg and Bread. Set on a Stewpan with fresh Butter, and fry the Meat in it till well done and finely browned.

Lay a very thin Slice of Bacon, fried a little, at the Bottom of a Dish, lay the Olives upon it, and cover them with another thin Slice, but let this be smaller; pour in some good thickened Gravy with Morels and Truffles.

3. *Beef Steaks stewed.*

Let the Steaks be cut thin, and well peppered and salted; set on a Stewpan with half a Pint of Water, a Bundle of sweet Herbs, a little grated Nutmeg, four Cloves, and one Blade of Mace. When these are warm together lay in the Beef Steaks, and put in at the same time a Lump of Butter as big as a Wallnut rolled in Flour, and an Anchovy split, but not cut to Pieces; let them stew some time, then put in an Onion quartered, and a quarter of a Pint of Oysters with their Liquor. Let all stew gently together till the Steaks are enough, then take them out, strain the Gravy that was with them into a Bason, flour the Steaks, and put them into a Frying-pan with some fresh Butter; fry them a little over a brisk Fire to brown them, then pour away the Fat clean from them, and pour in the strained Gravy; add a Glass of strong White Wine, toss them about till all is hot and well mixed together; then take out the Steaks, lay them in a warm Dish, and pour the Gravy over them.

4. *To fry Lamb with Ale.*

Cut out a Loin of Lamb, and beat the Steaks flat with a Rolling-pin; set on a Stewpan with half a Pint of strong Ale, when it is warm put in the Steaks, and sprinkle in a little Bay Salt, cover up the Stewpan, and let them stew till they are enough.

Then take them out, and lay them in a dry hot Dish, and pour out the Ale into a Bason. Beat up the
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the Yolks of three Eggs, and add a little Nutmeg and a few Capers; mix with this half a Pint of strong White Wine; when well mixed put all into a Pan, heat it together, then pour in the Ale out of the Bason, and stir it about till the whole is thick. When it is in this Condition put in the Lamb Steaks, and let them be made thoroughly hot in it; then take them out, lay them in the Dish, and pour the Gravy over them. Garnish the Dish with crisp Parsley and Lemon, and take Care to send it up perfectly hot.

5. *Veal a la Bourgeoise.*

Chop a good Quantity of Parsley, and grate into it some Nutmeg; add some Pepper and Salt, a Blade of Mace cut small and bruised, and a Clove or two bruised with it.

Cut some Veal Steaks tolerably thick, and lard them well with Bacon.

Set on a Stewpan, and put some thin Slices of Bacon at the Bottom; strew the Seasoning over the larded Veal, and lay it upon the Bacon.

Set the Stewpan upon a slow Fire, and let it stand so till the whole is hot through; then remove the Pan to a hotter Part of the Fire, or stir up the Fire well under it, turn the Veal after a few Minutes, and make it brown on both Sides, shaking on, from the Drudging-box, a little Flour.

When it is well browned pour in a Quart of good rich Gravy, cover it up, and let it stand stewing till the Veal is thoroughly done.

Then take out the Bacon that was first put into the Pan, and skim the Fat clean off.

Break three or four Eggs, and beat up the Yolks of them with some Gravy out of the Stewpan; keep stirring all about till it is well mixed and thick, then take it up, lay the Meat in the Dish, and pour the Gravy over it. Garnish it with Slices of Lemon.

C H A P. V.

Of Baking.

MANY look upon baking in every Respect, where Things are not made into Pies, as only a poor Make-shift instead of roasting; but we shall have Opportunities of shewing them many Instances in which excellent Dishes are to be made this Way that can be had no other, in this and the succeeding Numbers.

A R T. I. *To bake a Calf's Head.*

Have a strong and large earthen Dish, flat, but somewhat deep, and with a broad even Rim; lay across this six Iron Skewers at even Distances, so that they may rest securely upon the Rim. This being done, pick the Head and wash it, make it perfectly clean, then lay the Head evenly upon the Skewers, fastening up the Flesh in the Middle that it does not hang down into the Dish. The Dish must be first buttered before the Skewers are laid on it.

Shred some sweet Herbs very fine, grate some Bread to them, and cut to the smallest Pieces that can be, the Peel of about a third Part of a middling Lemon; mix all these well together.

Grate a little Nutmeg lightly and carefully over the whole Head, and then strew on these Herbs and Bread very evenly. When this is done drudge a little Flower over it, then put a Piece of Butter in each of the Eyes, stick little Bits of Butter on the Head in different Parts, and flour it over again. Last of all, strew over it a little Pepper and Salt. In this Condition send it to the Oven, and let it be baked well and brown.

Boil the Brains in some Water with Sage Leaves, and have ready about half a Pint of rich Gravy. When the Head comes home take it off, put it on another Dish,

Dish, and pour into the Saucepan of Gravy the Liqueur that is in the Dish on which the Head was baked. Chop the Sage Leaves that were boiled with the Brains, and put them into this Gravy, then add a Piece of Butter rolled in Flour and a Spoonful of Catchup, and a small Glass of red Port Wine; boil these up together, then beat the Brains fine and put them in; pour this thick Gravy into the Dish with the Head, and garnish with Lemon.

A Calf's Head is many Ways a very fine Dish, but scarce any better than this; and in this there is so little Trouble and Expence, that the most moderate Providers may afford it. One great Purpose of this Book is to give a Variety of such Dishes.

CH A P. VI.

Of Sauces.

A R T. I. *Bread Sauce for Larks.*

CUT out a large Piece of Crumb of Bread, rub it in a Cloth till it is as small and fine as if it had been grated; set on a Saucepan with some Butter, when it is well melted throw in the Crumbs of Bread, and stir them about at Times till they are thoroughly brown; then pour them into a Sieve, and let them stand some Time to drain. When the Larks are roasted lay them in the Dish, and this Bread round them.

2. *Cream Sauce for a Hare.*

Put into a clean Saucepan a Pint of rich Cream and half a Pound of fresh Butter, set them on a moderate Fire, and continue stirring them till they are melted and perfectly mixed together, and the whole is rich and thick. Lay the Hare in a Dish, and pour this Sauce over it.

3. *Gravy Sauce for a Hare.*

Set on the Fire a Pint of very rich Beef Gravy, let it boil away one quarter Part, then put in a Piece of

Butter rolled in Flour, stir it about, and when melted and well mixed pour it into the Dish with the Hare.

Good Gravy alone is very well for Sauce, but this is preferable.

4. *Wine Sauce for a Hare.*

Put into a Saucepan half a Pint of strong red Port Wine, and three Ounces of the finest Sugar broke very small; set it over the Fire, and stir it a little; let it once boil up, and the Sugar will be melted; then put it into a Sauce-Boat, and send it up with the Hare, but not in the Dish.

5. *Gravy Sauce for a boiled Turkey.*

Shred some Lemon-Peel, and put this, some Thyme, and a Blade of Mace, into about half a Pint of Veal Gravy; add an Onion chopped, and five or six Corns of Pepper; let these boil a little; then wash and clean an Anchovy, cut it to Pieces, and put it in to the rest; let them boil up two or three Times more; then pour them into a Sieve over a Bason: When the Gravy is strained melt some Butter thick and fine, pour this Gravy into the Saucepan with it, stir and shake all together, and, when well mixed, pour it into the Dish. Let some Sausages be laid round the Turkey, and garnish the Dish with Lemon.

6. *Onion Sauce plain.*

Chuse a Quantity of large and sound Onions, peel them, and put them into a great deal of Water; set them on a clear Fire, and let them boil up; skim the Water when any Thing rises; and when they have boiled three or four Minutes pour them out into a Sieve, wash the Saucepan, and put other Water into it, put in the Onions, and let them boil two Hours.

Then drain them again, lay them upon a Chopping-Board, chop them fine, and put them into a Saucepan; drudge in a little Flour, then put in a good Piece of Butter, and a good Quantity of thick and rich

rich Cream ; fet the whole over a moderate Fire to melt the Butter and mix in the Cream ; and when all is well mingled it is enough.

This is the common Sauce for Rabbits, and is very good for Ducks : Either must be boiled for this Purpose ; and when they are taken up and laid dry in the Dish the Sauce is to be poured over them. There must be a large Quantity of it ; the English Expression signifies as much, for we say smother them.

7. *Onion Sauce with Milk.*

This is made more expeditiously and with less Trouble than the other, and many prefer it before that.

Set on a Saucepan with equal Parts of Milk and Water if in the Country, but if it be in London the Milk they sell about the Streets will do alone ; chuse fine Onions, peel them, and then cut them into very thin Slices ; put them into the Saucepan, let them boil half an Hour, and they will be perfectly tender and well done ; throw them into a Cullander, and when drained lay them on the Chopping-board and chop them to Pieces ; put them into a clean Saucepan, and make up the Sauce as before directed with Butter and Cream, and a little Flour.

This Sauce may be used with Rabbits or Ducks, or otherwise with a roasted Shoulder of Mutton. Every one is to prefer which he likes ; this is as tender as the other, but it has more Taste of the Onion ; however it is not rank, and as to the other it is often quite insipid.

8. *Vinegar Sauce for Venison.*

Put into a Silver Saucepan, or an earthen Pipkin, half a Pint of the finest white Wine Vinegar, and a quarter of a Pound of treble-refined Sugar broke into small Lumps ; fet it over the Fire, and let it simmer gently ; skim it as any Thing rises, and pour it thro' a Flannel Bag, such as is used for Jellies, and send it up in a Bason. This is a particular Kind of Sauce, but many are very fond of it.

9. *Essence*

9. *Essence of Ham.*

This is a very rich Article of the Sauce Kind, and serves many Purposes; a Quantity of it should always be kept ready in large Families: It is to be made of the lean Part of Ham only in the following Manner:

Take off all the Fat of a large Ham; it must be a good one, and well flavoured, else the Essence will be worth nothing; cut all the Lean into thin Slices; set on a large Stewpan to be warmed; lay the Slices of Ham upon a flat Dresher, and beat them well so as to bruise every Part; cut some Parsnips, Carrots, and Onions into very thin Slices, lay the Slices of Ham in the Bottom of the warm Stewpan, put as many in as will cover it nearly, then strew on a very little Flour; lay on a Covering of the Carrot, Parsnip, and Onion, then cover this with more Slices of Ham, throw on some more Carrot, Parsnip, and Onion, and dust on a little more Flour.

Set the Stewpan over a very gentle Fire, cover it up, and let it stew till the whole is well warmed, and the Ham begins to stick to the Bottom of the Pan; then turn it, and let it stew a little longer.

Then open the Stewpan, and moisten the whole with some very strong Veal Gravy; let it stew longer; then put in some more of the Gravy, and with it a Blade of Mace, half a dozen Cloves, and a little Piece of Garlick, a Bunch of Parsley, some Truffles, and some Mushrooms; stir all well together, cover it up, and let it stand to stew: After some Time take it off the Fire, strain the Gravy, which is the Essence, and set it by carefully in a Jar. Proceed thus till you have stewed down all the Ham, or till you have as much Essence as you desire.

C H A P. VII.

Of Soups and Broths.

A R T. I. *Barley Broth the Scotch Way.*

SET on a large Pot with a Pail full of Water, and let it not be above two Thirds filled with this Quantity ; chop a Leg of Beef all to Pieces, breaking the Bones in every Part, and cut into square Pieces a good Bunch of sound thick Carrots ; boil these together in the Water till half is consumed ; toward the End of the boiling put in a good large Crust of a brown Loaf toasted and broke to Pieces.

When this is well softened, and the Gravy is rich, strain it off.

Put it into a smaller Pot, and add to it half a Pound of French Barley ; clean eight Heads of Celeri, wash some sweet Herbs, and cut two or three good Onions, chop the Celeri to Pieces, and put all in ; let this all boil together twenty Minutes.

Then pick and wash a large Fowl, put it in, and at this Time add some Parsley chopped small, and a Nip of Marygolds ; cover it up, and let it boil an Hour longer ; then take it off, take out the Fowl, and lay it in the Middle of the Dish ; take out the Onion and sweet Herbs, and then pour in the Broth. This is an excellent, rich, and well-tasted Soup, and is very wholesome.

2. *Soup au Bourgeois.*

Have in Readiness a good Quantity of common Gravy of any of the Kinds we have directed to be kept for Soups ; clean and pick a dozen Heads of Endive, and four or five Bunches of Celeri ; cut them into about an Inch in Length, and throw them into a Pail of Water, stir them well about that they may be perfectly clean, pour all into a great Sieve, and

and when the Water is run off squeeze and shake the Herbs by Parcels in your Hands, put them into a large earthen Pan, and pour upon them a Gallon of boiling Water; let it stand three or four Minutes, then pour all into the Sieve again.

Set on about three Quarts of the Gravy in a large Saucepan: When the Herbs are cool enough to handle, squeeze and shake them dry again, and when the Gravy boils put them in; cut off the Crust of two French Rolls, break it, and put it in to the rest when the Herbs are tender and the Soup is near enough.

While this is doing let a large Fowl be boiled in a good Quantity of Water, and when enough take it up, lay it in a Dish, and pour the Soup round it. Garnish with raw Celeri.

3. *Turnip Soup.*

Set on a large Saucepan with two Quarts of rich Veal Gravy.

Pare some fine Turnips, cut them into small Squares, and fry them, till perfectly brown, in Butter.

When they are ready, and the Gravy boils, throw into it the Crusts of two French Rolls.

While this is doing let a Duck be roasted.

When the Rolls are tender strain off the Soup from them, set it on again, and, having drained all the Fat from the fry'd Turnips, put them in and boil them till they are soft; then lay the Duck in the Middle of a Dish, pour the Soup round it, and garnish with Pieces of boiled, and Pieces of fried Turnips.

4. *Soup Lorain.*

Boil down about eight Pounds of Veal and a large Fowl, and make as strong a Broth from them as possible; strain this off, and set it ready.

Put into an earthen Vessel a Pound of sweet Almonds, pour boiling Water upon them, let it stand a few Minutes, when the Skins are loose throw them
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into a Sieve, and as they cool blanch them; that is, take off the Skins, which thus slip off easily.

Put these blanched Almonds into a marble Mortar, beat them to a Paste, and add at Times a little of the Broth to bring them to a Body.

Boil four Eggs very slightly, break them, separate the Yolks and add to this Paste in the Mortar; grind and work all well together.

Then pick off all the Lean of a couple of roasted Pullets, beat this with the rest in the Mortar; let all be broke to Pieces, and perfectly blended together.

Set on the strained Broth, and when it boils put to it the Crust of a French Roll cut into Slices; let this boil about two Minutes, then put in all that is in the Mortar; let the whole once boil up together, to perfect the mixing of the Ingredients, then pour it through a fine Strainer while very hot: It will come out like a fine Cream. Lay some French Bread, dried before the Fire, and then moistened in the Broth, in a Dish, and pour in this Soup, laying a very small boiled Chicken in the Middle.

This is the Way in which the French at present most commonly eat Soup Lorrain; but as some add to it a Loaf, and other Ingredients, we shall not leave the Cook uninstructed how to do that in the best Manner.

The Loaf was the old Way of eating it, and for People that love very rich Dishes it is the best.

5. *Soup Lorrain with a Loaf.*

Make about three Quarts of Soup Lorrain in the Manner before directed, and set it in Readiness; have a French Roll made on Purpose, twice as big as they commonly are, and cut off its Top and scoop out the Crumb.

Cut the Breasts of two roasted Pullets into fine thin Slices, and season them with a little Nutmeg, some Bay Salt, and a very little Pepper; add a small Piece of Butter, and put the whole into the Hollow of

the Loaf or double Roll, with a little of the strained Almonds.

Boil four fine Sweetbreads till they are tender, and when all is ready lay the Loaf in the Middle of the Dish, lay the four Sweetbreads round it, and pour in the strained Soup; then garnish the Dish with Slices of Lemon, and send it up hot.

6. *White Soup for Lent.*

Clean and cut to Pieces six Heads of Endive, a good Handful of Sorrel, a Handful of Parsley, half a Handful of Chervil, and an Onion; all being very fine cut, and perfectly clean, put them into a Saucepan, with a quarter of a Pound of Butter, and set them on a moderate Fire; cover them up, and let them stand a quarter of an Hour, in which Time they will be stewed down; then put the whole into a larger Saucepan, and pour upon it two Quarts of boiling Water; let the whole boil till the Herbs are tender, then skim off the Fat, and let it scimmer a little longer.

Break a dozen Eggs, beat up the Yolks, and grate into them a little Nutmeg: Taste the Soup, and if the Sorrel have not given it a tolerable Sharpness, squeeze into the Yolks of Eggs the Juice of half a Lemon: This done, beat all well with a little of the Soup, and stir it in among the rest.

Soak some French Bread, and lay in the Dish; lay in the Middle a French Roll fry'd, and pour in the Soup; then lay a poach'd Egg upon the Roll, and garnish the Dish with Slices of boiled Egg and Pieces of toasted Bread. Great Care must be taken that the Eggs do not curdle in the Soup: The Method to prevent it is, to beat them up very well with a little of it at a Time, and at last to mix them well in the whole Quantity just when it is going to the Table.

C H A P. VIII.

Of Gravies and Force-Meat.

A R T. I. *Veal Gravy, the French Way.*

CUT a Fillet of Veal into thin Slices, cut to Pieces also some Carrots, Parsnips, and Turnips, and three large Portugal Onions, first taking off a good many of the outer Skins; beat the Slices of Veal very well upon a flat Dresher, and cover the Bottom of a large Stewpan with them; strew over these a Parcel of the Roots all mixed together, and lay over these again a few very thin Slices of the Veal beat more than the first; cover the Stewpan with a Pewter Dish that will fit very well into it, and set it over a Stove, with only a few Pieces of half-lighted Charcoal.

When it has stood thus some Time let the Fire encrease. There will be a good deal of Liquor come from the Meat while the Fire is slow. This must be suffered to waste away in great Part, and then the Meat will begin to stick to the Pan; moisten it with some strong Veal Broth; this will incorporate with the strong Remainder of the Liquor, and make a most rich Gravy; add at the same Time a Handful of Parsley, a Leek whole, and three or four Cloves; cover the Pan again, and let it stew: Let it stand thus half an Hour, or longer, the Fire being just enough to keep the Liquor scimmering; then the Veal will be perfectly tender, and the Gravy as rich as it can possibly be made; strain it off, and keep it safely.

Proceed thus till you have used the whole Quantity of Veal, or till you have as much Gravy as you want.

2. *Partridge Gravy.*

Roast two or three Brace of Partridges till they are about half done, take them off the Spit, sprinkle

on them a little Salt, put them in a clean strong Cloth, carry them to the Press while quite hot, and squeeze them till they be flat, and not a drop more of Liquor can be got from them. The Gravy is to be caught in a China Basin, and will have the entire Flavour of the Partridge.

A little of this Gravy is a very rich and fine Addition to many of the made Dishes, as we shall shew hereafter.

3. *Mutton Gravy for Raggoos.*

Lay down a Leg of Mutton, and let it be about half roasted that all the Fat may be out, then take it to the Press; before it is put in prick it to the Bone in many Places with a Carving-Knife, and when it is in, squeeze it with the utmost Force of the Press till the Bone cracks; receive the Gravy into a China Basin, and set it by.

Undo the Press, open the Cloth, and sprinkle some Bay Salt upon the Meat, pour on it some boiling Water, and then put it into the Press again: It will yield a second Quantity of Gravy, not so rich as the first, but very fine, and much better than can be made by boiling.

4. *Fish Gravy.*

Get a Brace of Tench, a Brace of Carp, and a Brace of large Pearch, scale them, gut them, take out the Gills, and split them from Head to Tail; cut a couple of Carrots, one Parsnip, and a large Portugal Onion into thin Slices, lay the split Fish in a Stewpan, and put the Roots to them; add a Piece of Butter, and then set the Stewpan over a few Pieces of half-lighted Charcoal in a small Stove. Have a better Fire ready in a larger Stove, and have ready some strong Fish Broth, kept hot and near boiling; cover up the Stewpan, but open it from time to time to see how the Liquor encreases; there will be in some time a good deal of it; then remove the Stewpan to the brisker Fire, stir all about, and waste away
most

most of the Liquor. Only the watery Part goes off in this Manner, the Strength remains.

When the Liquor is nearly gone, and the Fish begins to stick to the Pan drudge in a little Flour, stir all about, and then pour in a Quart of the hot Fish-broth, put in at the same time a Handful of small Herbs, two Blades of Mace, and a Lemon stuck with eight or ten Cloves; let all boil together, then strain it off and keep for Use. This, like the other Gravy, is principally intended for rich Dishes of Fish, and nothing gives them so fine a Flavour.

5. *Force-meat for Collops.*

Cut a Pound of fat Bacon into very thin Slices, and then mince it as small as possible with a sharp fine Knife. Mince in the same Manner, as fine as possible, a large Portugal Onion, first taking off the outer Skins.

Boil two Pounds of the Lean of a Fillet of Veal, and when cold cut it small as possible, in the same Manner as the Bacon.

Boil a Pound of Suet a little in Water by itself, and when cold mince that in the same Manner. When these three Ingredients are minced separately, put them together into a Marble Mortar and beat them till they are perfectly fine.

Add to them the Yolks of eight Eggs, and mix all this well together; then add the Crumb of two French Rolls wetted in Milk; put in some Pepper and Salt, and then the minced Parsley and Onion. Lastly, grate in half a Nutmeg, and then beat all up till it be perfectly mixed into a firm Paste: This will bear rolling into any Forms, and will keep some time.

C H A P. IX.

*Of Made Dishes.*A R T. I. *A Brown Fricassee.*

CUT out the Crumb of a fine Loaf, rub it to Pieces between two Cloths till it is very fine, then grate in a little Nutmeg, and bruise a Blade of Mace; rub this in, and blend all well together.

Cut a couple of Chickens to Pieces and skin them; when every Piece is clean and in order, rub it over with Yolk of Egg, and then roll them Bit by Bit in the Crumbs, that they may be well covered.

Set on a deep Stewpan with some Butter, when it is melted put in the Chicken thus prepared, let the Fire be brisk and fry them brown, taking Care by frequent stirring to prevent their sticking to the Pan.

When they are of a fine Brown drain off the Butter, and pour in half a Pint or more of fine strong Gravy, a large Glas of red Port Wine, three Spoonfuls of the finest pickled Mushrooms, and one Spoonful of their Pickle; let these be well heated together, and then put in a Piece of Butter rolled in Flour. When it is melted, and the Sauce is thick, send it up.

2. *A White Fricassee.*

Cut a couple of Chickens into Pieces, skin and clean them perfectly, then lay them in some cold Water to draw out the Blood, and afterwards dry them in a clean Cloth.

Set on a Stewpan with a sufficient Quantity of Milk and Water mixed in equal Proportions, put in the Pieces of Chicken, and stew them over a gentle Fire till they are thoroughly tender.

Set on another Stewpan, put into it half a Pint of Cream and a quarter of a Pound of Butter; melt these carefully

carefully together, and when that is perfectly done take the Pieces of Chicken out of the other Stewpan with a Fork, and put them into this Butter and Cream; add a little Mace dried and beat to Powder, and a couple of Spoonfuls of Mushrooms pickled, or some of the Pickle without them. When all is well mixed together send it up.

Rabbits will do for this Purpose, but the Chickens make the Fricassee much finer.

The greatest Care to be taken is, that the Cream and Butter mix well, for if otherwise it will be greasy. The right Method is to keep stirring them all the Time the Butter is melting.

3. *A Neck of Veal ragoo'd.*

Cut a fine Neck of Veal into Steaks of a moderate Thickness, lay them on a flat Dresser, and beat them till they lie thoroughly flat and even with a Rolling-pin, bruise in a Mortar half a dozen Cloves and three Blades of Mace, grind them well together, and then mix with them some Salt and Pepper. When these Things are well mixed use them as a Seasoning for the Steaks, dusting them well on both Sides. When this is done, have some fine fat Bacon cut for larding, and lard the Steaks very carefully with this in thick but not very big Pieces; and in the same Manner let in some thin Slices of Lemon Peel. When the Steaks are thus prepared, make up a Sheet of strong white Paper in Form of a Dripping-pan, pinning the four Corners, and have ready a clean Gridiron; break eight Eggs, and dip the Steaks in the Yolks of them till well covered, then strew over them a few Leaves of Thyme picked clean from the Stalks; butter the Paper, then rub the Gridiron also with a Piece of Butter, and lay on the Steaks in the Paper, set it over a clear moderately brisk Charcoal Fire, turn the Steaks often to keep in the Gravy, and let them be well done.

When the Steaks are ready heat three quarters of a Pint of strong and rich Gravy, put into it some Mushrooms,

Mushrooms, Truffles, and Morels; some stewed Oysters and some fried ones, and some Force-meat Balls dipped in the Yolk of Egg; add Pepper and Salt to season it well. When all is thus ready, beat up the Yolks of three Eggs with a quarter of a Pint of Cream, then add a Glass of strong white Wine; add this to the Gravy just as the Steaks are laid in the Dish; let the Dish be warm, lay in the Steaks and pour this rich Gravy to them. Garnish with Oysters.

4. *A Stewed Turkey.*

Let a large Pot be perfectly cleaned, it must be big enough to hold a Turkey laid flat down without crushing any Part of it; lay at the Bottom four Skewers across one another, and upon these lay the Turkey. Pour in a Quart of rich Gravy, and add a Bunch of Celeri cut very small, and three Blades of Mace broke to Pieces. Cover up the Pot and set it over a gentle Fire, let it stand stewing till the Gravy is almost all consumed, then roll a large Piece of Butter in some Flour and put into the Pot, and when this is melted add a Glass of red Port Wine and two Spoonfuls of Catchup, with some Pepper and Salt to season it to the Palate. This Addition to the rich Gravy will make it a tolerable Quantity by way of Sauce, and the Turkey will by this time be done enough, very tender, and very finely relished; for the Flavour of the Ingredients will enter its Flesh in this Way of cooking. When all is ready take the Turkey carefully up, lay it in a warm Dish, and pour the Gravy about it for Sauce.

5. *Beef Collops.*

Cut some Beef Steaks from the prime Part of the Rump, very nice, thin and small; let a Stewpan be made perfectly clean, lay the Steaks regularly in it, and grate some Nutmeg over them; then put in an Onion cut to Pieces, a Bunch of sweet Herbs, some Lemon Peel cut small, a Lump of Butter rolled in Flour, and about a quarter of a Pint of rich Gravy.

Cover

Cover up the Stewpan and set it over a gentle Fire, let it stew some time, then make the Fire brisker, and stir the whole together for some time as it scimmers. When the Steaks are near done, take out the Bundle of sweet Herbs, and add Truffles, Morels, Mushrooms, and a little of the pickled Mushroom Liquor; when these are well heated together pour the whole into a Dish, and send it up garnished with Crumbs of Bread browned.

6. *Beef Royal.*

Chuse a very fine Rump of Beef for this Purpose; take out all the Bone, and set it on to make Gravy, with a sufficient Quantity of Water and some sweet Herbs and Carrots; then beat the Meat moderately, and carefully lard it with Bacon.

Mix together some Pepper and Salt with some grated Nutmeg, some Lemon Peel cut very fine, some bruised Mace and beaten Cloves, and a few Leaves of Thyme picked clean from the Stalks. With this, well mingled together, season the Beef all over. Put a good Piece of Butter into a Stewpan with some Flour, when melted put in the Beef, and turn it continually that the Outside may in every Part be brown.

Strain off the Broth into a smaller Pot, and put in the Beef; put in at the same Time some Morels and Truffles, and some Oxes Palates cut small.

Let all stew together for a considerable Time close covered, till the Beef is tender; then take it out, skim off the Fat, and pour into the Broth a Pint of red Wine; throw in some fry'd Oysters; cut to thin Slices four small pickled Cucumbers, and throw in that; let all these boil up once together, keeping the Beef all this Time hot before the Fire; when these have boiled up, put in a Piece of Butter rolled in Flour, and a couple of Spoonfuls of Mushroom Powder; boil it all up once more, lay the Beef in a large Dish, and pour all the Sauce over it.

C H A P. X.

*Of Puddings.*A R T. I. *An Oxford Pudding.*

CUT as small as possible a quarter of a Pound of Suet, grate fine a quarter of a Pound of Biscuit, and pick and wash a quarter of a Pound of Currants; mix together half a Spoonful of Sugar, a little grated Nutmeg, and some Salt; a very little of this last is sufficient just to take off the Insipidity; mix all these well together, and set them by you: Break two Eggs, separate the Yolks, beat them together, and with this mix up the Ingredients into a Paste; divide this into Lumps of the Bigness of a Turkey's Egg, and lay them by you.

Set on a Stewpan with some fresh Butter, fry these in it to a fine delicate brown, and take Care that they turn about by the shaking of the Pan as they are frying, that they may be thoroughly done, and be all over of a fine light brown.

When they are near enough melt some Butter, and add to it a Glass of Sack, and a Spoonful of treble-refined Sugar beat to Powder, and send this up with the Puddings.

2. *A Cream Pudding.*

Put into a Saucepan a Quart of very rich Cream, grate into it some Nutmeg, break in two Blades of Mace, add four Cloves whole, and a good Piece of sharp Cinnamon; then add a very little Basket Salt, and one Spoonful of treble-refined Sugar powdered; set it on the Fire, and let it once boil up; then put in the Crust of two French Rolls cut into very thin Slices; let it stand thus till cold.

Then pour off what Cream is not soaked into the Bread; put this Bread into a Cullander, and press
the

the fine Part through the Holes into a China Dish placed under it; break six Eggs, separate two of the Whites, but let all the rest go in; mix this with the Cream Pap; butter a Dish and put it in, tie a Cloth over it, and put it into a Pot of clean Water; let it boil five and thirty Minutes, then take it out, and send it to Table with Butter.

3. *Turkey Puddings in Guts.*

Roast a fine fat Turkey, cut off all the Flesh of the Breast, mince it very small, and set it ready: Roast a couple of Onions, pound them in a Mortar to Paste; cut some Hog's Fat very thin, put it into a Saucepan, put in the Onion and the minced Turkey, and add a little Nutmeg, Mace pounded, and a little Pepper and Salt, some shred Parsley, and the Leaves of some sweet Herbs picked from the Stalks and cut small; break three Eggs, and separate the Whites; these alone are to be used; put these to the rest, after they have been well beaten up.

Then take a Quart of Milk, and beat up in it the Yolks of ten Eggs, set it over a Stove, stir it carefully that it do not curdle, and thus boil it to a Cream.

While this is doing the other is to be over the Fire, and when it is well done both are to be mixed and perfectly stirred up together, that every Part may mix: When this is perfectly done let there be a Quantity of Guts prepared; small Hog's Guts are best; they must be perfectly cleaned, and turned Inside out: When these and the Pudding are ready, they are to be filled by Means of a small Funnel with a long and wide Pipe, so that the Mixture can be pushed down. A Piece of Gut of a Yard long may be thus filled at once, and then tied up at proper Distances for the Lengths of the Puddings. The only Care in this Respect is, that they be not crammed too full.

When this is done let there be a Saucepan set on with some Milk and Water in equal Quantities, and

an Onion cut to Pieces; put the Puddings in this, and boil them gently a quarter of an Hour, turning them frequently as they boil.

They will be thus finished for keeping in Readiness, and when they are to be served up they must be broiled, but this is to be done in a particular and careful Manner: A Gridiron is to be set over a clear Fire, and the Bars rubbed with a Piece of Lard; on this is to be placed a Paper Dripping-pan rubbed over with Lard also, and the Puddings are to be laid in this Dripping-pan: The Gridiron must be kept at a good Distance above the Fire, and the Puddings must be frequently turned to prevent their bursting; when they are enough they must be served up in hot Plates.

This is a favourite Dish at present with the French, and it is a very fine one, much superior to any we make of like Kinds.

4. *Suet Dumplings.*

Wash and pick a Pound of fine Currants, shred very fine a Pound of Suet, and break four Eggs into a Bason: Things being thus ready, put the Suet and Currants into half a Pint of Milk, and add the Eggs; make the whole into a Kind of thick Batter, with the Help of a little Flour; then put in two Tea Spoonfuls of Basket Salt, as much powdered Ginger, and grate in a little Nutmeg; when these are well mixed add another half Pint of Milk, and as much Flour as will make the whole into a fine light Paste. This done, and all well mixed, make it up into Balls as big as a Turkey's Egg.

Let there be a Saucepan of Water boiling, flat them a little, and throw them in; keep the Water boiling, and now and then stir them about that they may keep separate and not stick to one another.

Five and thirty Minutes will boil them perfectly well, and they will be very fine.

5. *A fine plain Pudding.*

Gather six fresh Laurel Leaves that are not too old and hard, nor so near the Tops of the Branches as to be quite soft and tender; they should for this Use be of a pale green, and tolerably firm; boil these in a Quart of Milk; when it has once boiled up take out the Leaves, put in as much Flour as will make it into a Kind of thick Hasty-Pudding; then take it off the Fire, and stir in half a Pound of fine fresh Butter, add a quarter of a Pound of Loaf Sugar powdered, and grate in a little Nutmeg.

Break twelve Eggs, put six of them into a Bason, Yolks and Whites together, and put in the Yolks only of the other six; beat all these well together, and butter a Dish ready, pour in the whole, and send it to the Oven. Half an Hour will bake it, and it will come out as fine a Pudding of its Kind as Art can produce.

6. *Ratafia Pudding.*

Gather five Laurel Leaves, and boil them once up in a Quart of rich Cream; take out the Leaves when the Cream has once boiled up, and then break in half a Pound of Naples Biscuit; add to this half a Pound of Butter, a Glass of Sack, some grated Nutmeg, and at last sprinkle in a very little Basket Salt: Take it off the Fire as soon as all the Ingredients are mixed in, and cover it up; let it cool leisurely.

While it is cooling blanch a couple of Ounces of sweet Almonds, and beat them to a Paste; beat up the Yolks of five Eggs, and as the Cream cools put in these; mix all well together, and put it into a Dish, scrape a little very fine Sugar over it, and send it to the Oven. Half an Hour will bake it.

7. *A Quaking Pudding.*

Break six Eggs, take all the Yolks and half the Whites, and beat them well up; mix in some Cream by Degrees as they are beat, and by Degrees get in
a Pint

a Pint of it; when these are mixed throw in two Spoonfuls of Rose-Water, a Tea-Spoonful of Orange-Flower Water, and a little Salt, grate in some Nutmeg, and then add the Crumb of a Halfpenny Roll; butter a Cloth very well, and dust a little Flour over it, then put in the Pudding, and tie it up, but not too close.

Let a Saucepan of Water be boiling, and put it in; keep it boiling briskly for half an Hour and it will be done enough.

C H A P. XI.

Of Pies.

A R T. I. *A Sweet Lamb Pie.*

CUT a couple of Loins of Lamb into thin Steaks, and if that be not sufficient for the Quantity, add more Lamb from any other Part cut into small Pieces; lay these on a Dish, and season them with a Mixture of beaten Mace, grated Nutmeg, and a small Portion of Basket Salt: When they are seasoned on both Sides with this, lay in the Crust, made as we have directed in a former Number; let the Dish be buttered, and a Bottom and Side Crust laid in, then lay in a thin Covering of Meat over the Bottom; have ready some Currants washed and picked, and some Raisins stoned; strew in some of each upon the Layer of Meat, then cover this with another Layer of the Meat, and strew over that a larger Quantity of the Fruit, cover this with some thin Steaks, put a little Butter at the Top, and pour in as much Water as will just keep it moist in the Oven; put on a Cover, and send it to be baked. When it comes home take off the Cover, have ready for it a hot white Wine Caudle, made very sweet, pour this on, after taking off the Lid, and send it to Table hot.

This

This is a very good Pie of the sweet Kind, and is made at a moderate Expence; we shall mention some that are richer in our succeeding Numbers.

2. *A savoury Veal Pie.*

Cut a Breast of Veal to Pieces, and season it well with Pepper, Bay Salt, and a very small Quantity of Loaf Sugar powdered and mixed with them; boil eight Eggs hard, and take out the Yolks; cover the Bottom and Sides of the Dish with a good Crust, lay in the Pieces of Veal, with the Eggs between them, and pour in half a Pint of strong Veal Gravy, put on the Lid, and send it to the Oven. Our common Cooks put in only Water by Way of Liquor, and this makes their Pies so inferior to the French.

3. *A French Pigeon Pie.*

Pick and cleanse eight very fine young and large tame Pigeons, fill them with Force-Meat made according to the Receipt we have given here, and roll up some Balls of the same Force-Meat to be in Readiness to lay among them.

Cover a Dish with rich Puff Paste, lay in the Pigeons, and lay among them some Asparagus Tops, Artich oak Bottoms, Mushrooms, Truffles, and Morels; then season it by strewing Pepper and Salt over all, and pour in as much Gravy as will fill up the Dish; cover it up, and send it to the Oven to be well baked. This is greatly superior to our Pigeon Pies.

4. *A Gible t Pie.*

Clean very well two Pair of Giblets, save the Livers, and put the rest into a Saucepan of Water holding two Quarts, put in with them a dozen Pepper Corns, four Blades of Mace, a couple of whole Cloves, a large Onion cut to Pieces, and a Bundle of sweet Herbs; cover up the Saucepan, and set it upon a gentle Fire; let them stew till they are perfectly tender.

While

While the Giblets are stewing cover a Dish with good Crust, and lay in the Bottom of it a very large and moderately thick Rump Steak, very well peppered and salted; pour all out of the Saucepan into a Cullander set over a Bason, take out the Giblets and lay them regularly in the Dish, lay the Livers among them, and then pour in all the Liquors in the Bason; strew in a little Salt to season it, put on the Crust, and send it to the Oven. It will require an Hour and half.

5. *A Cheshire Pork Pie.*

Chuse a fine Loin of Pork, cut it into Steaks, and take off the Skin; pare a Parcel of very good Apples, and having taken out the Cores cut them into Slices: These Things being ready, make a good Crust, and line a Dish of a proper Size with it; grate some Nutmeg, mix with this some Pepper and Salt, and with this season the Steaks well; lay in a Layer of them first, then put over them a Layer of Apples, and sprinkle over these some powdered Loaf Sugar, cover this with another Layer of the Pork Steaks seasoned as the first, and then pour in a Pint of strong white Wine; put in a little Butter at Top, then put on the Crust, and send it to the Oven with Orders that it be well and carefully baked.

6. *A Venison Pasty.*

Cut to Pieces a fine fat Neck of Venison, season it with Pepper and Salt after you have taken out the Bones, and take Care to keep the fine fat Part of the Neck as entire as possible.

Make a good Puff Paste in sufficient Quantity, and if a larger Pasty is intended more Venison from other Parts may be added, but nothing excels a Pasty made of the Neck alone.

Lay in a good Bottom Crust, then a thick Side Crust, and then lay in the Venison; put the coarser Part lowermost, and the finest of the Fat just at the Top, that nothing may hurt it; put in half a Pound
of

of Butter, and a little more than a quarter of a Pint of Water; cover the Paſty with a good thick Top Cruſt, and then ſend it to the Oven. It will take two Hours baking in a quick Oven.

When the Paſty is ſent to the Oven, ſet on the Bones in a Saucepan with two Quarts of Water, and put in a Bunch of ſweet Herbs, and an Onion, two Blades of Mace, a dozen Corns of whole Pepper, a Cruſt of Bread burnt, and cover it cloſe up; let this boil till half is waſted, then ſtrain off the Gravy, and have it hot. When the Paſty comes home pour it in by liſting up the Lid, and then ſend up the Paſty. There is no great Difficulty in this, and no Method makes a better Paſty.

7. *A Mutton Paſty.*

This is to be made of Mutton in the ſame Manner as the other is of Veniſon, and the Mutton is to be managed in a particular Way to give it ſomething of a Veniſon Flavour.

Chuſe a fine large fat Loin of Mutton, hang it four Days, or longer if it will keep, in a cool Place, then take out the Bones, leaving the Meat as whole as poſſible; mix together a Pint of red Wine and a Pint of Vinegar, put them in a deep earthen Pan, put the Mutton into it, and let it lie four and twenty Hours, turning it two or three Times; when it is taken out ſeaſon it well with Pepper and Salt, put it into a good Cruſt, and let it be well baked; when it comes home open the Lid, and pour in three quarters of a Pint of rich Gravy, and ſend it up.

Some pretend this may be taken for a Veniſon Paſty, and others ſay it is full as good as Veniſon; neither is true, but it is a very good Diſh.

8. *A Tort de May.*

Provide a good Quantity of Sweet Meats and ſome fine Marrow, make a Puff Paſte Cruſt, lay it round the Diſh, and then begin to lay in the Ingredients: Firſt put in a Layer of Biſcuit to cover the Bottom

of the Dish, then put over this a Layer of Marrow, with some Butter among it, upon this put a Layer of various Sweetmeats, the more Sorts the better; over this put more Biscuits, then Marrow, and so on till the Dish is full.

When this is done set on a Quart of Cream, let it boil, thicken it with four Eggs, and pour in one Spoonful of Orange-Flower Water, then add some treble-refined Loaf Sugar, beaten to Powder, till it is sweetened to the Palate; pour this upon the Ingredients in the Dish, and send it to the Oven. Half an Hour will bake it very well.

C H A P. XII.

Side and small Dishes.

A R T. I. *Broiled Cod Sounds.*

LA Y the Cod Sounds, which are taken from the Inside of the Fish, near the Back Bone, in a clean earthen Dish, pour on them two Quarts of scalding hot Water, not boiling; when they have lain a few Minutes take them out, rub them well with Salt, throw them into the hot Water again, and after they have lain three or four Minutes more take off their blackish Skin, and all that looks disagreeable about them: This is called blanching the Sounds.

Throw them into a Saucepan of cold Water, and let them scimmer till they are tender.

Take them out of the Saucepan, dry them in a Cloth, flour them well, and broil them on a Gridiron over a clear Fire.

While they are broiling make the following Sauce: Set on a quarter of a Pint of Gravy in a small Saucepan, stir in two Tea Spoonfuls of Mustard, and sprinkle in a little Pepper and Salt; this is to be set over the Fire till hot, and then put in a Piece of Butter

Butter rolled in Flour, and boil all up together that it may be well mixed; lay the Sounds in a Dish, and pour this Sauce over them.

2. *A Toss-up of cold Veal.*

Cut some cold Veal very thin, break a couple of Eggs, throw away the Whites, beat up the Yolks, and mix with them by Degrees half a Pint of Milk, grate in a little Nutmeg, and add a little Salt; put this to the Veal, and with it a Spoonful of Mushroom Pickle, and a Piece of Butter rolled in Flour; set all over the Fire together, and when it is thoroughly hot and well thickened, pour it into the Dish.

3. *A Florendine of Veal.*

Mince very fine two Veal Kidneys with all the Fat that is about them, pick and wash some Currants, and chop some sweet Herbs, mix the Veal, the Currants, and Herbs, well together; then grate in some Nutmeg, and add a little Salt, a Blade of Mace, and a couple of Cloves bruised; mix together five hard Yolks of Eggs chopped fine and some Crumb of Bread; chop an Apple or two to Pieces, cut some Lemon Peel very fine, mix all these well together, and then mix with the Veal and Currants. When all is together pour on it a large Glas of Sack, and two Spoonfuls of Orange-Flower Water.

Cover the Bottom of a Dish with a Sheet of Puff-paste, put in the Florendine, let it be baked in a slack Oven, and serve it up hot with Sugar on the Top.

4. *Veal Patties.*

Cut a very fine Veal Kidney to fine Mince-meat, and weigh just as much Suet as there is of the Kidney, mince that as fine, boil a couple of Eggs very hard, take out the Yolks and mince them as fine as the rest. Have some very good Puff-paste ready, season the Meat with some Salt, and grate in a third Part of a Nutmeg. When all is well mixed put it into four little Lumps, roll each of them up tight, and put it in some Paste; fry them in Butter till they are well done, and of a fine brown.

5. *Stewed Cabbage.*

Cut a fine red Cabbage into thin Slices cross-ways, and then cut these into small Bits ; put these into a Stewpan with a Pint of rich Gravy, and put with them a Pound of Sausages and three or four Slices of Ham, or of Gammon of Bacon ; cover up the Stewpan, set it on a moderate Fire, and let it stand half an Hour ; then uncover the Pan, skim off the Fat, shake in some Flour, and set it on again ; put in two Spoonfuls of Vinegar, cover it up, and let it stew four or five Minutes, then take it off, take out the Sausages, lay them in the Dish, and pour the rest over them.



S E C T. II.

C O N F E C T I O N A R Y.

C H A P. I.

Of Jellies.

WE are not yet got into the Season for making that Variety of Jellies which the Summer Fruit yield to the understanding Confectioner, but we may still add some to those already named.

A R T. I. *Cream Jelly.*

Chuse four Ounces of fine large thin Hartshorn Shavings, with none of the small Stuff among it, put this into three Pints of Water, set it over a slow Fire, and stir it often ; let it boil to a Jelly, which will be known by taking out a Spoonful to cool.

Strain this through a Bag, and put to it half a Pint of rich Cream, a Glass of Rose-water, two Spoonfuls of Sack, and a little fine Sugar ; boil it all up together once, but keep it stirring, otherwise it will curdle.

dle. When it has once boiled pour it into a Bason, and stir it about till it is in a manner cold, for fear of its still curdling. When this is done pour it into several broad bottomed Cups; let it stand all Night and it will grow solid; then turn these Cups out into a Dish.

Mix together half a Pint of Cream, two Spoonfuls of Sack, and three of Rose-water with, a little fine Sugar; when the Sugar is melted pour this over them.

2. *Fairy Butter.*

Boil two Eggs hard, take out the Yolks and beat them in a Marble Mortar, put in by Degrees two Spoonfuls of Orange-Flower Water, and half a Spoonful of double refined Sugar beat to a Powder, grind this to a kind of Paste, and then put in about an equal Quantity of Butter from the Churn; put it into a fine Strainer, and set a Plate underneath: Force it all through into the Plate in Form of a Jelly.

C H A P. II.

Of Creams and Flummeries.

A R T. I. *Orange Cream.*

BREAK six Eggs, throw away two of the Whites, beat up all the Yolks with the four Whites and a little treble-refined Sugar finely powdered.

Chuse some large, fine, and well-ripened Seville Oranges, squeeze the Juice lightly out, and put a Pint of it, strained clear from the Seeds and Skins, to the Eggs; beat this well together, and add more Sugar. The best Way is to have a Pound of this fine beaten Sugar standing by you, and so put it in by Degrees till it is all mixed in.

Then set it over a gentle Fire, put in half the Peel of a Seville Orange, stir it continually but always one Way,

Way, and let it stand till it is almost ready to boil, but it must not boil up; take out the Peel, and pour the Cream into Dishes for Use.

2. *Barley Cream.*

Set on a Saucepan with a Pint and half of Milk, and the same Quantity of Water, put in half a Pound of clean and fine Pearl Barley, let it boil over a gentle Fire till the Barley is tender, then strain the Liquor from it.

Put the soft and tender Barley into a Quart of rich Cream, set it over the Fire, let it boil up three or four Times.

Break five Eggs, put their Whites into a Bason and one of the Yolks with them, beat them well up, and add two Spoonfuls of Orange-Flower Water and a large Spoonful of fine Sugar powdered; and add at last one Spoonful of Flour. Beat all thoroughly together, then take off the Cream, mix it in by Degrees with the Eggs, and sweeten it to the Taste; set it over the Fire again to thicken, and pour it into Basons; set it by till perfectly cold, and it will be of a fine Colour, Consistence, and Taste.

3. *Blanched Cream.*

Stir into a Quart of fine rich Cream, three Spoonfuls of the finest Sugar powdered, and a Spoonful and half of Orange-Flower Water.

Break fifteen Eggs, separate the Yolks for some other Use, and beat up the Whites well with some more Cream.

While that is doing set the first Parcel of Cream upon the Fire, and let it boil.

When the Eggs are well beat up, strain them to separate the Treddles and pour them into the Cream when it boils; it will grow to a thick Curd; stir it continually one Way, and then strain it through a Hair Sieve. After this beat it up till cold, and put it into small China Dishes.

5. *Rhenish Cream.*

Break a good Stick of Cinnamon, powder six Ounces of the finest Sugar, and put them into a Pint of Rhenish Wine; set all over the Fire.

Break seven Eggs, and beat up Whites and Yolks together with a Whisk, while the Wine is heating; then by Degrees bring in the Wine a little at a time, heating it all the while till the whole is in; it must be very well whisked, else it will curdle; but being thus carefully managed it will grow to that Thickness that it may be taken upon the Point of a Knife, and will look all clear and uniform. When it is in this State squeeze a fine Lemon, strain the Juice and put it in; then add last of all two Spoonfuls of Orange-Flower Water, put this all together into a deep China Dish, and garnish with Candy, Citron, and Biscuits.

6. *A fine Lemon Cream.*

Break seven Eggs, take the Yolk of one and the Whites of the seven, beat them up very well, squeeze five large Lemons, strain the Juice, mix with it half a Pint of Water and a Tea Spoonful of Orange-Flower Water. Set by you a Pound of treble-refined Sugar beaten to Powder, mix by Degrees with the Eggs as you beat them, some of the Juice and Water and some of the Sugar. By Degrees all is to be got together, and, being well mixed, it is then to be set on the Fire; the Heat must be gentle, it must be stirred frequently, and skinned from time to time. Add the Peel of a Lemon pared off very thin, keep it in this Heat a good while that the Sugar may be perfectly well melted and the whole mixed, but it must not stand till it boils. It must be stirred one Way all the time, and at last the Lemon Peel must be taken out, and then it is to be put into small Dishes.

7. *Oatmeal Flummery.*

Put a Pound of Oatmeal into a deep Soup Dish, pour a Gallon of Water upon it, stir it up well, and
let

let it stand all Day; then pour off the Water clear, leaving all the Oatmeal wet at the Bottom. Pour upon this more Water and stir it, let it stand all Night, and pour it off clear again in the Morning; then pour on some more Water, stir it, and let it stand six Hours; pour this off clear as the others. The Oatmeal will by this be thoroughly softened and separated, the Flour from the Chaff. In this Condition pour it wet as it is into a Hair Sieve, stir it about in the Sieve with a Spoon, and the fine floury Part will get through, the Chaff remaining behind. This floury Part, thus moistened, is to be boiled up into Flummery with no Addition whatsoever. Put it into a Saucepan, boil it gently for some Time, stirring it about carefully; it will grow thick as it boils, and when it is thick enough pour it out into China Dishes, and let it stand till cold; it will be firm, glossy, and very delicate. It has little Taste in itself, but is to be eaten with Wine and Sugar, or with Cream and Sugar, according to every one's Fancy.

8. *French Flummery.*

Buy half an Ounce of the finest beaten Isinglass at the Druggists; you must see that it is the right Sort, for there are several, but none will do for this Purpose but that which is beat finest; it is as thin as Paper. Set a Quart of Cream over the Fire and stir in this Isinglass, let it heat softly, and by Degrees come to boil; it must be stirred well about all the Time, and by Degrees this fine Isinglass will melt; about a quarter of an Hour's boiling will do, but it must be stirred all the Time. When all is melted take it off the Fire, sweeten it to the Palate, and add two Spoonfuls of Rose-water and one Spoonful of Orange-Flower Water; strain it off into a China Punch-bowl, and when cold it will be hard; then turn it out. It is to be eaten as the common Oatmeal Flummery is, with white Wine and Sugar, or with any other Wine, or with fresh Cream.

S E C T. III.

Of PICKLING and PRESERVING.

C H A P. I.

Of Pickling.

THESE Chapters which regard the making Summer Preparations must be somewhat scant till Summer comes; but in the mean Time the diligent Housekeeper's Hand needs not be idle; we shall propose her some Employment.

A R T. I. *Pickled Asparagus.*

We are now advanced to the Middle of *March*, a Season at which he is but an indifferent Gardener in a large Family, and with proper Allowances, who has not good Asparagus for the Table; let him spare some for the Housekeeper; her Hands will be full by and by, and it will be proper to give her an Opportunity of making this Pickle sooner.

Cut off the green Part of a couple of good Bundles of Asparagus, throw it into fresh fair Water, wash them carefully, rub them clean with a middling fine Cloth, and as they are rubbed throw them into another Bowl of clean Water; when all are in let them lie three Hours, covered lightly with a Cloth. Set on a Stewpan with about a Gallon of Water, and throw in a large Handful of Salt; let this boil; skim it carefully if any little Matter rises, which it sometimes will, from the Fowlness of the Salt, then put in the Asparagus: It must not be tied up in Bundles, but loose, and take Care to lay it in softly that the Heads may not be broke.

The cold Asparagus will check the boiling of the Water. Let them remain in only till it boils up again, for nothing is meant but to scald them. Spread a dry Cloth double upon the Table, take out the Asparagus with a broad Slice, and lay them on the Cloth to drain.

While they are draining and cooling prepare the Pickle for them in this Manner: Mix together a Quart of Spring Water and a Handful of Bay Salt; when the Salt is perfectly dissolved add this to a Gallon of Vinegar, set this on the Fire in a Silver or an earthen Vessel; lay the Asparagus carefully into a clean Jar, put with it two Nutmegs quartered, eight Blades of Mace, a small Stick of Cinnamon, and a Spoonful of whole Pepper; when the Pickle boils pour it upon these, and cover them up, tying a Cloth four double over them.

Let them stand thus a Week, then pour off the Pickle, boil it up, and pour it upon them hot as at first; let them stand to be cold, and then cover them close with Leather and a Bladder tied down fast over them. In this Manner they will keep ever so long.

2. *Pickled Apples.*

Chuse some of the soundest and finest of the Apples which have kept good the Winter, and put them into a Preserving-Pan half full of Water. They are fitter for pickling at this Time than when they are fresh ripe, but they must be perfectly sound.

Set the Preserving-Pan over a clear Fire in a Stove, let the Water heat gradually, and move the Apples about gently in it that they may have the Benefit of its Heat, and moisten equally in all Parts. When the Water comes toward a boiling Heat take out some of the Apples and try whether they will peel; when the Skin comes off freely take them all out, put them into a Sieve and let the Water drain away, but catch it in a Dish; put this back into the Pan, and put
with

with it a quarter of a Pint of Vinegar, and a quarter of an Ounce of Allum. When it boils up set it off. The Apples being all skinned put them in again, and set it over a middling Fire; keep it hot, and cover it over with a Pewter Dish, but don't let it boil; let the Apples lie thus till they get a greenish Look, then take them out, and lay them upon a Cloth to cool and drain; while they are cooling prepare for them the following Pickle: Put into a Gallon of good Vinegar an Ounce of Ginger and a quarter of an Ounce of Galangals, both shred thin, three Heads of Garlick, half an Ounce of Mace, two Nutmegs, a quarter of an Ounce of Cloves, and a Pint of whole Mustard-Seed; boil these up once together, and in the mean Time lay the Apples in a Jar, placing here and there a Stick of Cinnamon and a Race of Ginger between them; then pour this Pickle over them, and when cold tie it down with a Bladder first, and after that with Leather.

The Apples will thus look very beautiful, and we have given the Receipt in the Way that it is done by the best Confectioners, who study Look more than Wholesomness, that we may not appear in any Thing to be deficient; but we shall add, that they would be much better if not coloured by the Vinegar and Allum. These Ingredients could not of themselves colour them; they do it by Means of the Copper Pan, from which they extract a light Kind of Verdigrease which gets into the Apple; this gives it the Colour, but it is a Sort of Poison. We shall have Occasion to speak of this more at large hereafter under the Article of the Summer Pickles; but in this Case it may be very useful to say that the Apples will look yellowish indeed if there be no Vinegar or Allum added to the Water, but they will be much better tasted, and will be perfectly wholesome.



S E C T. IV.

Of Brewing and Liquors.

AS the Season advances we shall have more Directions to give the careful Housekeeper respecting Made Wines, for the Fruits will come on that are to yield them; but we advise her to watch every Opportunity of filling her Store-room, and being useful in the Family; therefore she is not to pass over *March* as a useless Month respecting Liquors. If the Fruits ripen later, the Sap now rises in greatest Abundance, and this may be made into a very pleasant and very useful Wine. The Birch bleeds freely at this Season, and is common in almost every Wood in England; let her therefore procure the Juice for this Purpose, which she must do in the following Manner.

A R T. I. *Birch Wine.*

Fix upon a tall strait Birch-tree, and watch when the Buds look plump and forward; this is about the Middle of *March*. Bore a deep Hole in the Trunk of the Tree slanting downwards, stick in a Chip, and set a Vessel under it to catch what runs. Do this to several other thriving Trees, and save and mix all the Juice together; it will be thin, clear, and well tasted.

Set this Juice over the Fire in a large preserving Pan, skim it as any thing rises, and when it is warm put into every Gallon of the Liquor four Pounds and a half of Lump Sugar broke to Pieces that it may melt the easier; throw in at the same Time the Peel of a good Lemon fresh cut, boil it half an Hour, and keep skimming as any thing rises; pour it off into a clean small Tub.

Toast

Toast half a Round of Loaf, spread it well over with Yeast, and put this into the Liquor when it is almost cold; let it stand thus five Days, stirring it about frequently, and at the End of that Time get a Barrel ready that will hold it and no more.

Burn a Brimstone Match in this, and then pour in the Wine; lay the Bung lightly in the Hole till it has done working, then stop it fast in and pour some melted Pitch over it; let it stand three Months in the Cask, and then bottle it off.

2. *Clary Wine.*

Pick off the Leaves, and cut the budding Tops of some fine and well dried Clary.

Set on six Gallons of Water with ten Pounds of Lump Sugar, and as it warms put in a Pint of Lemon Juice, and half a Pint of the Juice of Seville Oranges. Let this heat gradually; break eight Eggs, separate the Yolks, beat up the Whites in a large Bowl with a Whisk, and by Degrees mix with them some of the warm Liquor. When you have got the Bowl three Parts full and well mixed with the Eggs, pour it into the rest. Let this boil half an Hour, but not violently, and skim it very well all the Time.

Let there be a dry and perfectly clean Tub ready; put into this a Peck of the picked Clary, and with it the Peels of eight large Lemons, and when the Liquor has boiled its due Time pour it into the Tub upon these Ingredients; as it cools, bake a Toast, spread it over with Yeast, and put it into the Tub, shake all up together, and let it take its Time to work for three or four Days.

In the mean time prepare a Vessel that will just about hold it, put into this a Bottle of Rhenish Wine, pour in the Liquor from the other Vessel, then get out the Herbs into a strong Cloth, press them hard to get out the Liquor, run this through a Flannel Bag, and then put it to the rest.

Lay

Lay the Bung lightly on it till its working is over, then stop it fast down, and after three Months bottle it off.

3. *March Beer.*

March, though a Season not very productive of Made Wines, is deservedly famous for Beer. Our Ancestors, whose undebauched Palates preferred their own Products to those of other Countries, were curious in brewing their Malt Liquors, and they distinguished them into two Kinds; 1. The fine and strong; 2. The common. This first Kind they brewed principally in *March*, the rising Heat of the Weather then assisting the Fermentation; and, from the Excellence of such as was made at this Season, they called their finest and strongest Malt Liquors MARCH BEER.

We shall here give the good old English Method of brewing it, according to a Receipt that has been in some friendly and hospitable Families these hundred and twenty Years.

Chuse the best and sweetest Malt that can be had, and to every Hogshead of intended Beer, allow a quarter of this Malt well ground.

Grind together a Peck of Pease, half a Peck of Oats, and three quarters of a Peck of Wheat, and mix this Flour well with the Malt.

Brew this Beer in the same Manner that we have directed the other Beer to be brewed in our former Numbers, for we avoid Repetitions. But to every Hogshead of this Drink allow a Pound and half of Hops.

The Allowance of Malt and Hops is large, but the Beer is intended to be strong, and there is no Loss upon the whole, because there is in this brewing a Middle Sort of Beer between the small and the strong.

In other Brewings, after the strong Beer is made, there may be a Small drawn off, but in this Case, as only a Hogshead is made of the strong, there may very well be half a Hogshead of the second, and a Hogshead of small Beer after that, without any Addition either of Malt or Hops.

This

This second Running was what our Forefathers called *Table Beer*.

When *March Beer* is brewed with all the necessary Caution and with this Quantity of Ingredients, it should stand to ripen till the *March* following; less than a Twelvemonth will not give it the true Flavour. By this Time it will have mellowed within itself, and will be excellent.

4. *Old English Strong Ale.*

We are here got into the Old English Manner of making the right English Liquor, and before we set down the Methods of making this Kind we must say what they meant by *Strong Ale*. As the *March Beer* was the best of their *Strong Beer* Kind, this was the foremost of their *Ales*. By Beer they meant Liquor that would keep several Years; by Ale such as was intended for a quicker Consumption.

What they called strong Ale was the best of this latter Kind, and they brewed it in the following Manner.

Chuse the Malt in the same Manner as for the *March Beer*, and have it ground with the same Care.

Four Bushels of this are to make fourteen Gallons of Ale, in the Manner we have before directed for brewing the other Malt Liquors. Often they put no Hops at all to this Ale, because they disliked the Bitterness, and they did not intend it for keeping. But at other Times they allowed some to it, though in no great Quantity, nor with any Regularity. A good Handful was as much as they commonly allowed their fourteen Gallons of Ale.

As soon as they drew the Wort from the Grains they put it into a Vessel, in which they had first laid a Bundle of fresh young Oak Boughs, and half a dozen Pewter Plates. This they did for the sake of the Colour, and before the Liquor cooled they took the Boughs and the Pewter out again. This they called blinking of their Ale.

After they had taken out these, they put in the Hops and then boiled it up an Hour; they then set it in the Vessels to cool.

While

While this was cooling they mixed their Yeast with some sweet Wort and set it to rise. This they put in when the Liquor was tolerably cooled, and watching it as it rose, they beat it in. This they did constantly for four and twenty Hours, and then they tunned it.

They commonly drew off a Quantity of Table Beer from this also before they drew the small Beer; but as they particularly called that, after the *March* brewing, their Table Beer, they distinguished the second Running here by the Name of Buttlers Ale, or Pantry Ale, it being allowed for the entertaining the meaner Class of Servants and Dependents.

5. *Of Bottled Ale.*

Our Forefathers had particular Malt Drink for bottling; this was of the Ale, not of the Beer Kind, and they made it not quite so strong as the former.

It was brewed in the very same Manner, only four Bushels of Malt made twenty Gallons of this Ale.

They put in more Oak-buds and more of their Pewter to blink it, and let them lie in it longer; and when they bottled it they tied down the Corks, and set the Bottles in a cold Cellar up to the Neck in Sand.

These were the true Old English Malt Liquors, and as we have the Advantage of the original and famous Receipts, we have given them at large for the Curiosity of the Brewer at this Time. We shall give new Rules for brewing in our following Numbers.



S E C T. V.

D I S T I L L E R Y.

WE shall in this Section give the Publick several curious Receipts for the making of Family Cordials, the Name of which are common enough, but the right Receipts very scarce

to be met with, and which, though kept in Name in many Families, yet are generally wrong made, and consequently have not half their Virtue. We shall here give them from original Receipts, on which the Family may always depend; and having given at large the Method of preparing Waters in general, in our former Numbers, the judicious Housekeeper will in a few Words understand all that relates to the practical Part in these which follow.

A R T. I. *Plague Water.*

Take Agrimony, Rue, Wormwood, Celandine, Sage, Angelica, Tormentil, Scallions, Balm, Mugwort, Pimpernell, Spear-mint, Scadium, Dragons Carduus Benedictus, Feverfew, Wood-Sorrel, Burrel, Motherwort, Goats Rue, Marygold Flowers, and of the Flowers of Borrage, Cowslips, and Panzies, that is Heartsease, of each half a Pound; chop all these small; add a Pound of Rosemary, chop this also; add a Root of Elecampane fresh from the Garden, cut into Slices; then add Aniseeds, Coriander Seeds, and Cardamum Seeds, of each two Ounces; put all these Ingredients into three Gallons of Sack, first bruising the Seeds in a Mortar, or, if you chuse to have the Water stronger, put them into two Gallons of Sack and one Gallon of Brandy. Let them infuse four and twenty Hours, with the Vessel close stopped.

Then put all into the Still, and distil two Gallons.

This is an excellent Cordial: It is good in all Disorders of the Stomach, and to be taken when a Person is going into a Room where any Person is ill of a contagious Disorder, or otherwise into a bad Air.

There is a Way of making Plague Water for a Sweat, which, as it is very useful, and much esteemed in many Families, we shall here add at large.

2. *Plague Water for a Sweat.*

Make the whole Preparation as we have ordered for the other Plague Water; let the Ingredients be

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all

all the same, and the Liquor the same, but last of all put in four Ounces of Mithridate and six Ounces of Venice Treacle

Then distil off the same Quantity as before.

These Compositions are full of cordial and sweating Ingredients, and such as give their Virtue very freely to a Water distilled from them; therefore they are a very fine Addition to the Plague Water, increasing its cordial Virtue, and giving it a Power of sweating. The Use of this is as a Cordial, in the same Manner as the former, but it is also excellent upon taking Cold: A Glass of it is to be drank going to Bed, and the Patient covered up warm to promote sweating, which is also to be assisted by giving him weak white Wine Whey.

In this Manner a Cold is often carried off with Safety, that would otherwise have brought on a Fever; the Person naturally gets into a breathing Sweat, from that into a sound Sleep, and wakes in a manner well.

One Caution we must give for the Use of this and all other Waters of this Kind on such Occasions; this is, that they are to be given only in the first Approach of a Disorder. A Person who has taken Cold naturally feels stuffed up and uneasy in the Head, Back, and Limbs; this is the first Effect of the Cold, and it is in this State that the Use of these Cordial Waters is proper; it then throws out the Cause to the Pores of the Skin, and by the Assistance of the warm Covering, and warm weak Liquors given afterwards, brings on a plentiful Sweat; this frequently carries all off, and prevents a Fever. A Cold is only the stopping of the Pores, and this opens them, so that it exactly answers the required Purpose.

This is the Use of these Remedies; and let the Reader understand that they in this Case prevent a Fever, but that they are too strong to be given in one. This is their Purpose, and in this Use they are always safe, and often in the highest Degree beneficial;

ficial; but if any one should give a large Glass of such a Medicine to a Person actually in a Fever, it would increase the Heat, and fly up into the Head, where it would occasion Lightheadedness.

In such a Case, instead of that free Sweat and gentle Slumber it brings on when properly used, the Consequence would be an increased Heat and Dryness of the Skin, and consequently Restlessness instead of Slumber.

When these Waters are given in Fevers they are to be mixed with other Things, not given alone.

Thus, in general, six Ounces of one of the simple Waters, and one Ounce and a half of one of these Cordial Waters, sweetened with some proper Syrup, is the right Proportion of giving them; this makes what is called a Julep. We here give the general Rule, and shall come to the Particulars hereafter, giving many of the most approved Receipts for Juleps proper for the several Occasions.

In this Place, as we are entering at large upon the Use of these Family Cordials, we thought it proper to begin with this general Account of their Use, and the needful Caution. Without such Care a Book of Medicines may become a Book of Poison.

3. *Bezoar Water.*

Take Celandine Leaves and Roots three Handfuls, wash the Roots clean, of Rue one Handful, of Scardium two Handfuls, Dittany of Crete and Carduus Benedictus of each one Handful, Roots of Zedoary and Spanish Angelica of each three Drachms, (this Spanish Angelica is the dried Root of Angelica, sold at the Druggists; it is much more fragrant than ours;) Rind of Citron and Lemons of each a Drachm and half, or, if Citron is not to be had, Rind of Lemon three Drachms, Cloves and Cinnamon of each five Drachms and a half, Venice Treacle three Ounces, Mithridate an Ounce and a half, Troches of Vipers a Drachm and a half, Wood-moss two Scruples,

yellow Saunders a Drachm and a half, Conserve of Clove-Julyflowers two Ounces, Seeds of Carduus Benedictus one Ounce, Shavings of Ivory one Drachm and a half; cut and bruise all these Ingredients, and put them into a large Glas Vessel, pour upon them three Pints of Sack, the same Quantity of rectified Spirits of Wine, and half a Pint of Vinegar in which Clove Julyflowers have been steeped.

Let all this stand three Days together, and often shake it up; then put it into a Still with two Quarts of Water, and work off a Gallon.

This is to be kept close stopped, and is esteemed a very great Cordial. It is good for the same Uses with the others, and when sweetened is very pleasant. All these Waters may have a little Sugar put to them, and it will make them much more pleasant, and not in the least alter or impair their Virtues.

This is best done when they are first distilled, and the Sugar should be first dissolved in a little Water: The Proportion should be the same for all of them, and we have given the Quantity, and the best Method of mixing it, in a preceding Number, and shall not repeat it here. In many Receipts it is allowed, and where nothing is said about it, there never will be any Harm in doing it.

4. *Aqua Mirabilis.*

This is an old Family Water, and is for its Virtues and Excellence received into most of the Dispensatories, but they have altered the Receipt as we have shewn, and consequently its Virtues and Qualities cannot be the same. We shall here give the true and genuine Family Receipt. They are both good Waters, but there is no Reason this should be forgot and neglected, because the other is also good. The genuine Aqua Mirabilis is thus made.

Take half a Pint of Juice of Sage, the same of Juice of Spearmint, a Pint of the Juice of Celandine, and four Ounces of the Flowers of Millet.

Put

Put these into a Still together, and add to them Betany, Sage, Borage, and Rosemary Flowers, of each one Handful; Cubebs an Ounce, Ginger an Ounce, an Ounce of Cardamum Seeds, and an Ounce of Cloves; all these last are to be well bruised together in a Mortar. When all are together stir them well up, and pour on them a Gallon of white Wine and a Quart of Brandy. Stir all well together again, cover the Still with its Head, stop up the Nose with a Cork, and put some brown Paper rubbed over with Paste round the Joining on of the Head. Let it stand thus all Night, and the next Day distill it. Set a Bottle under the Still, in which put two Ounces of white Sugar-candy finely powdered, let the Fire be moderately brisk, and draw off three Quarts of the Water.

This is an excellent Cordial, none excels it; it strengthens the Stomach, and is good against Disorders of the Head that arise from Indigestion. It is also excellent in the Cholick, and against that Sickness and Uneasiness that often follow a full Meal, especially in People of weak Digestions.

5. *Angelica Water.*

Take of the Leaves of Angelica four Pounds, Aniseeds three Ounces, Coriander and Caraway Seeds of each four Ounces.

Cut the Leaves small, and bruise the Seeds carefully together in a Mortar, put them into the Still with six Gallons of white Wine, and let them stand all Night.

The next Morning put in three Drams of Zedoary Root cut into very thin Slices, and a Handful of fresh Clove July-flowers, the same Quantity of Sage Flowers, and the same Quantity of the Tops and Leaves of sweet Marjoram.

When all are in stir them well up with a stick, and then put on the Head of the Still; close it with a Paper wetted with Flour-and-Water Paste, and then distill off the Liquor; the Quantity to be drawn off

is three Gallons. It is excellent in Disorders of the Stomach and Head, and against Wind.

6. *Stomach Water.*

Gather some Angelica Leaves which grow from the Root where the Plant is not run up to Seed, put a Gallon of Brandy into a Still, and put these Leaves cut to Pieces into the Brandy; put in as many as it will cover, then add of Coriander Seed half an Ounce, of Nutmegs bruised an Ounce, of Ginger half an Ounce, and of Mace, Cloves, and Cinnamon, each three Drams.

Let these steep together all Night, and in the Morning draw off a Gallon of the Water by Distillation. It is excellent against Sickness at the Stomach.



S E C T. VI.

Of Disorders and their Remedies.

UNDER this Head we shall deliver nothing but what we have seen supported by Experience, and nothing but what may be given with perfect Safety. We are too sensible of the tender Concern that Mens Health ought to be, to all who may meddle with it, to run into those dangerous and ill-contrived Compositions with which most Books on this Subject abound, to their great Discredit, and to the great Injury of the Readers.

A R T. I. *For Hysterick and Nervous Complaints.*

Dissolve a Dram of Assafoetida in six Ounces of Rue Water, add to this Hysterick Water an Ounce and half, of the Oil of Hartshorn twenty Drops, and fine Sugar an Ounce; shake all well together, and give it a Spoonful at a Dose, repeated, if there be Occasion,

sion, every three Hours, or two Spoonfuls Night and Morning according to the Nature of the Complaint.

It is excellent in all hyfterick and nervous Cases, in Lowness of Spirits, and even in melancholy Madness; it promotes the Menfes, and gives Relief in all Complaints arising from their Obstructions. It is also excellent taken for a Continuance in the Falling Sickness.

2. *Against Vomitings and Sickness of the Stomach.*

Take Salt of Wormwood a Dram, Juice of Lemons two Ounces, mix these together, and they will ferment violently. When this is ceased add two Ounces of Mint Water, and a Dram and half of fine Sugar.

A Spoonful is a Dose, and it is to be repeated every Hour till the Sickness goes off, and the Vomiting stops.

It is also excellent in Fevers, and in all Obstructions operating by Urine, and cooling the Heat of the Blood.

3. *Against the Green Sicknes.*

Take an Ounce of prepared Steel Filings, to be had at the Druggists; they must be in fine Powder; beat half a Pound of clean Currants till they are like a Paste, put in the Steel Powder, and with it half a Drachm of Powder of Saffron; make it into an Electuary, and take the Bigness of a Nutmeg every Morning fasting, and at Six o'Clock in the Afternoon, using a good deal of Exercise.

4. *Against Obstructions of the Menfes.*

Beat young Leaves of Mugwort till they are like Pap, add three Times the Weight of Sugar in Powder, and beating them well again, make it into a fine smooth Conserve. Take the Bigness of a Wallnut every Night going to Bed, and drink after it a quarter of a Pint of Pennyroyal Water in which some Rhubarb has been infused. Half an Ounce of Rhubarb cut into Slices is enough for two Quarts of the Water; it gives it a yellow Colour, but no very unpleasant Taste,

Taste, and keeps the Body open; if it give more Stools than desired, the Quantity of the Rhubarb is to be abated, for it is not intended to act as a Purge.

5. *Pills for the same Purpose.*

Take Troches of Myrrh a Drachm, rub them to fine Powder, and then mix a Scruple of Powder of Castor; make it up into a Mass with the Juice of Mugwort, and let four Pills be taken every Night.

This is a more powerful Medicine than the former, and will, at the same Time that it promotes a proper Discharge, cure those Disorders that arise from the want of it; as low Spirits, Head-achs, and the like.

6. *For the Overflowing of the Menses.*

Cut small two Handfuls of the Leaves of common Plantain, pour upon them a Quart of red Port Wine, and break in an Ounce of Cinnamon; set it over the Fire in a Saucepan well covered, and let it boil gently for some Time; then put in an Ounce and half of the finest Sugar, and let that be dissolved thoroughly; then strain off the clear Liquor, and take a quarter of a Pint of it hot once in six Hours. Keep yourself quiet the while you are taking it, and it seldom misses of Effect.

7. *For a Purging in lying-in.*

Set a Pint of new Milk over the Fire and make it boil, then set it off to cool; mean time beat up the Yolks of two Eggs; when the Milk is but little warmer than as it came from the Cow mix in the Eggs, and with them a Spoonful of the finest Sugar powdered. Let this be eaten at once, and if it do not take Effect let it be repeated.

There are many stronger Things to stop this purging, but the Patient being in a very weak Condition it is best to try these first, and generally they will have Success; when they altogether fail others must be used, Receipts for which we shall give in a succeeding Number.

8. *To prevent Miscarriage.*

Cut a good Handful of Leaves of Tanfy, put them into a Gill of Sack, press them down, and let them steep all Night; next Day take them out with a good deal of Sack about them, sew them up in a Piece of Linen like a Pincushion, and heat them upon a Warming-pan, and lay them to the Navel.

This is one of those easy Remedies which Physicians overlook, and which are yet very useful. We write nothing here but from Experience, and this is one of the Things we have seen frequently tried, and that with the greatest Success.

But then let the Reader understand the Nature of its Service: It is not one of those Things that will stop a Miscarriage when it is coming on from a Fright, or other accidental Cause; then more powerful Medicines must be given: This is for the Purpose of preventing natural Miscarriages.

There are many Women, who, every Time they are with Child, miscarry at or near the same Period of their going: This is a Defect in Nature, and it is for this the Tanfy-Bag will be found serviceable: It acts slowly and gently, but surely. The Woman must wear it from Time to Time, sometimes in a Morning, and sometimes at Night, but particularly about that Period whereat she uses to miscarry, and it will be of the most essential Service.

9. *To cause easy Labour.*

Mix together three Spoonfuls of white Wine and one Spoonful of Oil of Sweet Almonds; take this every Night going to Bed for a Fortnight or three Weeks before the expected Time.

This is a very gentle and easy Medicine, but it has great Effect.

There can no Harm attend the Use of it, and there may be great Good. Its natural Effect is to soften all the Passages; and prevent that over Tightness which is very terrible on such an Occasion.

The Effect the same Medicine has in the Fits of Gravel and Stones in the Passages is very great, and shews in what Manner it is serviceable on this Occasion. When Stones are too large to pass, or, in more proper Words, when the Passages are too narrow to let them through, this oily Medicine softens, widens, and relaxes them, so that the Stones pass easily, and the Patient is cured: And they take just the same Effect in the other Case.

There is also another Purpose they answer excellently, which is keeping the Bowels open.

Many terrible Accidents have happened to Women in Labour from their being costive, and having hard Stools lodged toward the lower Part of the Bowels at that Time, but this Medicine keeps all moderate.

Let it not be slighted by any, because it is easy and pleasant; it will do more than many which are supposed more powerful Medicines. Family Physick is often better than the Doctor's.

10. *For the Falling of the Fundament.*

Take two Drachms of Myrrh in fine Powder, mix it carefully with an Ounce of Oil of Roses, and rub the Part gently with this; then put it up.

When it is up, wet a Linen Rag, four Doubles, and lay upon it, and make the Person lie still a considerable Time when it is done.

This Falling-down of the Fundament is a very troublesome Complaint, and one that foils many Times the best Physicians. A great deal depends upon the Care the Patient takes of herself, for without that no Medicine can be of any Service; but with due Care of lying quiet, and keeping the Body in a moderate Way as to Stools, I have many Times known this Remedy perform an entire Cure. When it is habitual, it is very difficultly cured. In Children it is often very troublesome, and, when suffered to afflict them without Remedy, as is often the Case, it grows habitual in the worst Way of all; for Disorders that
have

have come upon Children, and continued so, are very difficultly removed when they are grown up. This Medicine is the best of all adapted to cure Children, and they should have the Advantage of it as early as possible.

The great Cause of it is setting them upon their open Chairs when they have no Occasion, or the letting them sit a great while after they have done; this should be carefully avoided, both to prevent the Disorder, and to keep them from a Return of it when they have been cured. People grown up are more difficultly cured, but they are more adviseable for keeping quiet.

11. *For sore Breasts.*

Bruise one Millepede or Wood-Louse in a Spoon, pour a little white Wine to it, and drink it Morning and Evening; next Day take two in the Morning and two in the Evening, and the Day after three at a Time; continue thus increasing one every Day for eleven Days, and then decrease one every Day till you have taken them eleven Days more.

All this Time let Care be taken of the Breast, let it be rubbed gently twice a Day with white Wine, and every Time after the rubbing let a Plantain Leaf be laid upon it, first bruising the Ribs of the Leaf; then lay a Piece of Flannel over the Leaf, and dress in Cloths, as usual.

There are sore Breasts from many Occasions, but the most frequent are those which arise from Obstructions, and this Remedy seldom fails of perfectly curing such in the two and twenty Days.

12. *For swooning Fits.*

Rub to Powder three Grains of Cochineal, mix it with a little Sugar, and rub all very fine together; then mix it up with a Spoonful of burnt Wine, and let it be taken with a Glass of the same burnt Wine after it.

This is a pleasant and powerful Remedy. Cochineal is a very rich Cordial, and there is no Way it affects the Body so quickly, or so powerfully, as by this Mixture of hot Wine.

It is to be understood here that three of the Grains of Cochineal are intended as the Dose, not three Grains Weight; we write in the Family Way, not as Doctors.

13. *To cure Deafness.*

Chuse a large, fresh, and fine Oister, in a State of Health, and full of Liquor, roast the Oister, and when it is moderately done open it, and preserve the Liquor; warm a Spoon, and put a little of the warm Liquor into it; when it is Blood-warm let the Person lie on one Side, turning the deaf Ear uppermost, and let four Drops of this be dropped in from the Spoon, and let him lie upon the same Side half an Hour, leaving the Liquor to operate on the Obstruction.

If both Ears be deaf, the same must be repeated half an Hour afterwards on the other Ear.

Deafness arises from so many Causes, and is in different Persons of so many different Degrees, that there is no pretending to say any Thing is a certain and constant Remedy for it; but this will often perform wonderful Cures.

There are Cases of Deafness quite incurable, and from these deplorable Accidents many People are led to think every slight Obstruction of the Hearing is beyond Remedy. This Oister Liquor will prove a perfect Cure in many Cases, which I have seen tried often, and when the Person finds Good he must continue it daily; and if, after recovering his Hearing in this Manner, he loses it again, let him have Recourse to the same Remedy, for he may be assured, that what did at the worst, will not fail him afterwards in the Returns of the Disorder.

14. *For Convulsion Fits in Children.*

Take three Grains of Powder of Russia Castor, mix it in a little Milk Water, and give to the Child, and let it drink a little of the same Water after it.

This is a Dose for a Child of two Years old; when very young two Grains are enough; and four or five Grains are to be given when they are older.

It used to be the Custom to give all Medicines for Fits to Children in black Cherry Water, and often to give black Cherry Water alone; but it has been found since that this Water is of an unwholesome Nature; when it is made very strong it is of a poisonous Quality, and therefore when weaker it must be able to do Hurt to tender Infants.

It is but of late Years we are acquainted with the poisonous Qualities of these bitter Waters, but now they are known they cannot be too carefully avoided.

The Distillers in Ireland keep a Water made very strong from Laurel Leaves, a little of which they mix with their poor Spirits, and make an ordinary Kind of Ratafia. Some Women calling for Ratafia at one of these Shops, and being served by an unskilful Person with the Water alone, died of it. After this, many Trials were made on Dogs and other Creatures, and it was found the most terrible Poison imaginable; then other bitter Waters were tried, and found to have the same Effect.

The Perfumers, who are the Persons that sell Oil of sweet Almonds, make it for the Generality of bitter Almonds instead of sweet, for there is no Difference in the Taste of the Oil. The Cakes of Almonds, after the Oil is gone, are very bitter; these were distilled for a Trial, and it was found their Water was as poisonous as that of the Laurel.

The Apothecaries frequently used to distil these Cakes, and sell the Water under the Name of black Cherry Water, for, being made weak, the Taste was the same: Now tho' in this weak Condition it was
not

not poisonous, very likely it would occasion great Disorders in the tender Bodies of Children, and kill them in the End.

At last black Cherry Kernels were distilled into a Water of great Strength, and they were then found as poisonous as any of the others.

From these Experiments the College of Physicians have excluded black Cherry Water; and let this be a Caution that no Family make or use it: Under the Notion of curing their Children of Convulsions, they may give them Poison.

It has been found by many Trials, made since that Time, that any of the Ingredients, which yield that bitter Water, when it is made strong, are poisonous.

The same Water may be drawn from Apricot Kernels, Peach Kernels, and the like, and is poisonous from which ever it is made: The Effect of it is more sudden than that of Rats-Bane, or any other Poison: Those who take other Poisons languish several Hours, but this kills the Moment it is down.



S E C T. VII.

Of the Disorders of Cattle, and their Remedies.

IN this, in the same Manner as the foregoing Article, we shall trust only to Experience, and set down nothing but what we have seen tried with Success on repeated Occasions.

C H A P. I.

Of Horses.

A R T. I. *For the Cramp.*

WHEN any Beast has the Cramp, the Limb that is affected by it will be drawn up, contracted, and stiff, and, if Care Be not taken, will continue so for some Time, and often be attended with

with Danger. The Cure is this: Mix some ordinary Vinegar and coarse Oil, throw in a little Salt, set this over the Fire, and stir it about as it heats, then rub the Limb all over very thoroughly with it.

After this have it well wet with the Liquor, and then wrap round it some woollen Rags dipped, and thoroughly wetted in the same Liquor.

This seldom fails to cure the Disorder at once using; but if it do not at once, it may be repeated as often as there is Occasion; though it is very seldom that more than two, scarce ever more than three Dressings are required.

2. *For the Running Glanders.*

This Disorder shews itself by a Running at the Nostrils, and by a Swelling of the Glands under the Chops. If it be not taken in Time it is a very bad Disorder, but in the Beginning, or before it be too deeply fixed, the following Fumigation seldom fails to cure.

Gather some large and fine Leaves of Coltsfoot and dry them in an Oven, grind them to Powder, and mix with this an equal Weight of yellow Orpiment, sold at the Colour Shops; grind them both together.

Take half an Ounce of this Powder, and as much Turpentine as will mix it up into a firm Substance; make this into half a dozen little Cakes.

Bring out a Chafing-dish of burning Coals, and have ready a large Tin Funnel; throw a couple of these Cakes upon the Fire, and set the Funnel over them; bring the Horse's Nose down till it comes near the Spout of the Funnel, and let the thick white stinking Smoke, that rises from the burning Ingredients, go up the Nostrils. This is to be repeated every Morning till the Cure is perfected.

The Running will soon decrease, but that is not to be regarded as a Cure; the Method must be continued till the hardened Glands are no longer felt
under

under the Chops, till there does not remain the least Running, and till the Horse has recovered his original Spirit.

3. *For the Anticor.*

This is a Disorder rising from rank feeding and too much Fat ; the artificial Grasses that have of late been introduced into the Farmers Possession often occasion this Disorder. A Horse, or other Beast, will sometimes feed till he burst in those Fields, if permitted to eat his Fill ; and when that is better managed, as by turning him in only an Hour or two in the Day, still there is Danger of the Anticor from the over Fatness they occasion. This Disorder shews itself in a faltering of the Fore-legs, and trembling all over the Body. Often, when it comes to a Height, the Horse is not able to bow down his Neck without great Pain.

The Remedy is this ; let the Horse be blooded largely, then give him every Morning two Spoonfuls of Diapente in a Pint of hot Ale ; let this be repeated every Day for four Times, then every other Day for three Times, and then every third Day for twice. This generally proves a Cure, but there must be Exercise with it.

The best Way is to give the Diapente before he is watered, and make him warm by moderate Exercise after he has taken it, but not violently.

C H A P. II.

Of Horned Cattle.

A R T. I. *For Sore Eyes.*

BRUISE a good Quantity of green and fresh gathered Eye-bright in a Marble Mortar, and press out the Juice ; then bruise some House-leek, press out the Juice, and mix together equal Parts of
the

the two ; then add a little white Wine and some white Sugar-candy finely powdered ; when it is well dissolved shake all up together, and wash the Creature's Eyes very well with it Night and Morning. If one be very bad, fasten a Linnen Rag eight Doubles and well wetted with it over the Eye, and let it remain on all Day. This seldom fails to make a complete Cure.

2. *Of pissing of Blood.*

Gather a Handful of Shepherd's Purse, and boil it in a Quart of Water till it comes to a Pint ; toward the End of the boiling put in a quarter of an Ounce of beaten Cinnamon, strain off the Liquor and take half of it. With this mix a Gill of red Wine, make it hot together, and give it the Creature to drink.

3. *For the Same.*

Take a large Handful of common Crane's-bill that grows under Hedges, and is called Herb Robert ; boil this in the same Manner as the former, and add the Wine to it ; but with this there is no Occasion for the Cinnamon. This is a more powerful Remedy than the former ; but when it fails stronger must be used.

4. *For the Same.*

Take a Dram of Sugar of Lead, dissolve it in a Pint of Water, and drop in fifty Drops of Spirit of Vitriol, give the Beast a third Part of this cold Night and Morning, and the Night following.

This is a very powerful Remedy, and scarce ever fails of Success.

The worst is, that it sometimes brings on Disorders in the Bowels. To prevent this, the Creature should have a comfortable hot Mash in the Middle of the Day. This will commonly prevent any bad Consequence, and the other seldom requires to be repeated beyond the third Dose.

5. *To kill the Tail-Worm.*

The Tail-worm is a little Insect that breeds in the Tail of the Ox, Cow, or Calf, in the Manner of Vermin in Childrens Heads; it eats off the Hair, disfigures the Beast, and plagues it so that it does not care for eating. The Cure is this; boil a Peck of Wood-ashes in as much Urine as will keep them moist, when they have boiled half an Hour, strain off the Liquor, rub the Tail all over very thoroughly with this Liquor hot, and do the same every Day, heating it always when it is used. This will not only kill the Vermin, but cure the raw and sore Places they have made.

A great deal of the Hair will come off with the washing, but that is only what is loose; and the Disorder being remedied there will soon grow more in the Place

6. *To kill Vermin on the Body.*

Cattle are subject to Vermin of many Kinds also on the Body, beside the particular Sort we have named on the Tail; and all these prevent their thriving or looking well; the Remedy is this.

Boil Wood-ashes in Water, and when the Lye is as strong as possible strain it clear off; to a Quart of this put an Ounce of Staves-acre, and an Ounce of Tridian Berry, called Calculus Indi, in Powder; then wash the Beast once with it wherever the Vermin are. The next Day mix with the same Ingredients half an Ounce of white Hellebore in Powder, and three quarters of an Ounce of beaten Pepper; rub this well in for three Days running, and the Complaint will be perfectly removed.

If it return again use the same Remedy.

7. *For a Cough.*

Boil a Head of Garlick in a Quart of new Milk, and put four Spoonfuls of Tar in the Bottom of an earthen Pan, strain off the boiling Milk upon the Tar, and stir it well about several Times; then pour
it

it off and give it warm to the Beast; repeat this every Morning till it is perfectly cured.

8. *Of losing the Cud.*

Every Ox, Cow, and that whole Kind, when in Health, chew the Cud after they have been eating; but sometimes being disordered they lose this Property. This is what the Farmers call losing the Cud, and it is a very dangerous Disorder. The Creature never thrives in this Case, and soon neglects his Food, the Consequence of which is Starving, Leanness, and at last Death.

In which Disorder the Remedy is this; mix together an equal Quantity of four Leaven and common Salt, then add a Piece of Loam or Brick-earth equal to the whole in weight, break and mix all well together, and then add as much Urine as will be needful to beat them up into a kind of Paste. Make this into two or three Balls as big as the Creature can swallow; force one of these down every three Days, and it will cure him.

Nature seems to have given the Hint for this Medicine in the Pigeon's feeding upon salt Loam when not well. It is a well known Practice to mix up Loam and Salt for that Bird, to which it is a Remedy for all Disorders in the Appetite or Digestion. The Farmer would do well to copy every thing he sees in Nature in the same Manner.

9. *For Vomiting of Blood.*

Cattle that are removed from bad Pastures into such as are very rich, and are there permitted to feed at random, will frequently fall into this Disorder, from the Abundance of Blood furnished by such Nourishment. They will not only bring it up by vomiting, but it will be seen running out of their Mouths, and discolouring their Food as they stoop to eat.

The Remedy is this; let the Beast be blooded largely, then mix together an Ounce of Bole-armoniac, half an Ounce of Dragons-blood, and a quarter of an

Ounce of Roach-alum ; powder all well together, and divide it into three Doses ; give one Dose every Day in some red Wine made hot. If the first Dose cures give no more, and observe the same if the Beast is well after the second ; the third very seldom fails, if the two first do not answer.

10. *For Stoppage of Urine.*

Sometimes a Beast's Urine will be stopped, and it will be in violent Pain, and unable to stand, lie, or eat. The Remedy is this ; cut into thin Slices a quarter of a Pound of Smallage-root, and half an Ounce of Horse-radish ; boil these in three Pints of Ale to a Quart, then strain off the Liquor hard, and give the whole at one Dose thick as it comes from the squeezing. It rarely fails.

11. *To purge Oxen.*

If an Ox requires purging, the best Medicine is this :

Mix together two Ounces of Tar, two Ounces of Butter, and an Ounce and half of Sugar-candy ; make this up into Balls with a little Flour ; they should be each of the Bigness of a Hen's Egg, and one is enough for a Dose. It should be repeated three Times.

12. *To increase Milk.*

Beat to Powder a Dram of Anniseeds and two Drams of Coriander Seeds, mix these together, and give them every Morning to a Cow that has little Milk in a Quart of Ale Posset. It will occasion Plenty of Milk, but for the Time the Cow is taking it her Milk will have a disagreeable Flavour from the Seeds. This is the Case with most other Things that increase a Cow's Milk as well as these Seeds, but the Taste goes off after the Medicine is let alone.

Lucerne, and many other of the artificial Grasses so favoured of late, give Plenty of Milk, but they in the same Manner give a Taste to it, and this Taste
not

not only is perceived in the Butter and Cheese made from such Milk, but in the Flesh of Calves suckled with it.

This is a good Reason why the Farmer should contrive to prevent the Decrease of Milk, rather than to find Remedies for that Accident. The best Way is by allowing them a good rich Pasture about the Time of their calving; this will bring a great deal of Milk, and that of the right natural Kind at first; and when Nature has got a Habit of furnishing this, a moderately good Pasture will at all Times keep up the Supply in good Quantity.

13. *To cure the Panto.*

The Disease Farmers call the Panto is a Disorder that occasions the Beast to sweat and breath with Difficulty in the Manner of panting, from whence it has the Name; the Occasion is usually bad Water. The Remedy is this: Mix together a Quart of Ale and a quarter of a Pint of Urine, add to this half an Ounce of Wood Soot, and half a Spoonful of Rennet; mix the whole well together, and give it at two Doses, one in the Morning, the other in the Evening. After this let the same Dose be repeated every Morning before the Beast has eat or drank, for four Days, or till it is cured.



S E C T. VIII.

Of the Disorders of Poultry, and their Remedies.

I N the same Manner as we have directed for the Disorders of Cattle nothing but what we have found from Experience to be useful, so we shall confine ourselves, in respect to the Ailments of Poultry,

to what we know from Experience as to the Cause, and what we have seen from repeated Trials to cure them.

A R T. I. *Of Hens weakened by laying.*

When a Hen lays for a long Time together she will be wasted and endangered of dying, through Weakness: In this Case the following is the Remedy:

Roast an Egg in the Embers, when it is pretty well done break the Top of the Shell, take out the Yolk, and put in the Place of it a Lump of Raisins stoned and beat to a Paste, a little Basket Salt, and twelve Grains of Powder of Saffron; put the Egg to roast half an Hour longer, then take it up, take off the Shell, and pound the whole Inside in a Mortar; give this to the Hen in a Morning, and she will recover her Strength though she continue laying.

2. *Of Hens faint with sitting.*

Sometimes a Hen, from sitting too long, loses her Appetite to her Food, and becomes faint and feeble, and her Feathers fall off.

In this Case pour a Quart of Water upon a quarter of an Ounce of Saffron, steep some Barley all Night in this, and give it to the Creature in the Morning; she will eat it as well as if it had never been soaked in Saffron Water, and it will restore her Strength and Appetite.

3. *For sore Eyes in Fowls.*

We have given one Remedy for this Disorder in a former Month, and shall here add two others.

Bruise in a Mortar a good Quantity of Purslain, and among it a large Handful of Cummin Seed, press out the Juice hard, and it will have a strong Tincture of the Cummin; mix equal Quantities of this Juice and Milk, and wash the Creature's Eyes carefully with it twice a Day.

In common Soreness of the Eyes this takes Effect, and when it fails the following is to be used.

4. *A Stronger Wash for the Eyes.*

Take half a Pint of the Purslain Juice expressed from Cummin Seeds, as in the last Receipt, and a quarter of a Pint of Milk, mix these together, and add to them twenty-five Grains of crude Sal Armoniac in Powder; shake the whole about till the Salt is dissolved, and then wash the Eyes with it three Times a Day, keeping the Hen all the Time in the Hen-house, and making it dark.

5. *For a Looseness in Poultry.*

When any Kind of Poultry have a Looseness it wastes them, and they lose their Appetite, and become poor and faint. In this Case take two Ounces of Barley Meal, an Ounce and half of yellow Wax, and three Spoonfuls of white Wine; beat up all this into a Paste, and give it in small Pellets in a Morning before they eat any Thing else.

If this does not cure them alone, let there be a Parcel of Quinces bruised, and the Juice pressed out; let this be mixed with their Water.

6. *Another Way to cure Hens of Vermin.*

While a Hen runs about she is able to take Care of herself, and is so cleanly that she rarely is infested with any Kind of Vermin; but when it happens that in sitting the Place is foul, or they are otherwise infested with them, the Cure is this:

Beat to a coarse Powder a quarter of a Pound of Cummin Seed, and an Ounce and half of Staves-acre; mix these in two Quarts of Vinegar, rub the Hen very well with this, and it will, in three or four Times using, not only destroy those there are, but prevent the breeding of any more; after this the Place should be cleaned out, for all Dirt is unwholesome.

7. *For young Turkeys that pine.*

The Turkey is a very tender Fowl while young, and must be taken Care of accordingly. When they
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are very weak and faint they will dwindle away and perish, unless they be relieved. In this Case put half an Ounce of Saffron into half a Pint of Mountain Wine, and let it stand all Night; then dip the Beaks of the young Turkeys into it every Morning, and compel them to swallow a little. This will give them Strength and restore their Appetite, and they will soon get into a better Way, and look thriving.

8. *For Sickness in Turkey Poult.*

Frequently the Turkey Poult, when they are somewhat more grown up, appear sick and feeble, and their Feathers stand rugged and irregularly, especially in the Wings, some appearing large and disproportioned. In this Case those great Feathers must be pulled out, for they are really in a diseased State, and the Quill Part of them is unnaturally swelled.

Then give them to eat in a Morning Bread soaked in Wine, with a little Saffron in it; and let them drink Smith's Forge Water, or Water in which a large Poker heated red hot has been quenched several Times over. This will by Degrees recover them.

9. *For swelling of the Head in Turkeys.*

This is a Disorder to which young Turkeys are very subject, and it will quickly kill them if not cured. Let such as have it be separated from the rest, and let the Head be well washed with Smith's Forge Water, with a little Urine among it; let them have Forge Water to drink, and let them be kept in a warm Place, but out of the Heat of the Sun; for that in the Middle of the Day is often too powerful for a young Turkey when any way disordered.

These Rules of separating from the rest, and keeping in a proper quiet Place, should be observed for all sick Turkeys, for they recover much sooner, and one sick one in a Manner infects the rest. They should not be put to the Brood again till they are perfectly recovered, and feed heartily.

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A great deal of Care in every Respect is to be taken of the Turkey while young, for it is at that Time one of the most tender Birds we have, though afterwards it be very hardy.

S E C T. IX.

Of the Management of the Garden and Orchard.

C H A P. I.

Of Trees.

WE shall here, as in the former Numbers, acquaint the Gardener, or remind him, of what is to be done in the Course of the Month of *March*, that if he have omitted any Part of it he may know what he has to do now, and quickly get to the recruiting and restoring of the Loss. 'Tis a Season at which much is to be done, and he who would acquit himself to his own Credit and his Master's Satisfaction, must every Day be busy. If there be any Thing unfinished for the Article of Planting in the Fruit Garden, that must be immediately supplied, for the Season is advanced to the utmost; and if any of the Apricot, Peach, and Nectarine Trees are left unpruned, let it be done without more Loss of Time, for there will be Danger of doing great Injury by it, if any Thing in this Way be done afterwards.

There will be some early Blossoms in this Month, and the Curious may shelter them, to preserve them from the perpendicular Fall of Dews. This is a great Article in the Oeconomy of a Garden, for by this Means Blossoms that would otherwise have been destroyed by these Dews and Frosts, will set, and they

will produce earlier and larger Fruit than those which rise afterwards: These first Blossoms therefore are worth this Care, and it is better to be at a little Pains than to let them perish, and lament afterwards that they are fallen. The horizontal Shelters on Fruit Walls are excellent for this Purpose, and the Preservation of these particular Blossoms this Way shews their vast Benefit.

The Winter green Trees and Shrubs may very well be transplanted now, for they will succeed better late in the Spring than too early. Yew, Holly, Box, Phyllirea, and the like, may now be removed into what Places the Gardener pleases, observing to open a Hole large enough for them, and to throw in a fine and well-broken Earth to them, and to see it well settled about their Roots. They may have a Watering to settle this well about them; but afterwards, if they have not a very dry Season indeed, they will require no more of that Care.

This is a very good Season for grafting and inoculating: The Apple should now be grafted on the Crab Stock; and the various Kinds of Cherries on the black Cherry Stock; and so the others on their proper Kinds. The Sap is this Month in the true Condition for receiving and nourishing the strange Bud.

Toward the End of this Month the Fig Trees are to be examined, for the Time of doing this is when the Danger of cold Weather is over. The Wood of these Trees is to be carefully examined, and all the old Wood that can be spared is to be cut away as close to the Stalk as possible, for this does not bear.

The bearing Wood on the Fig Tree is principally the last Year's Shoot; these are therefore to be preserved; and let the Gardener take Care not to shorten them, for the Fruit grows mostly at their Ends.

Let the Gardener look to his Trees that were inoculated the last Year, and cut off the Heads of the
Stocks

Stocks two Inches above the Bud : This must be done slopewise, and the Slope must be begun on the Side opposite to the Bud.

Let him also carefully look over all his Trees again for dead Wood ; he will perceive some now, from the Swelling of the good, which escaped his Eye before ; and wherever he finds any it must be cut away with a sharp Knife close to the Stem, or the Part where it is alive.

Let the Gardener this Month look to his new-planted Fruit Trees against Walls, and take off their Heads ; they should be reduced to the Quantity of three or four Buds, and they will thrive for it much the faster.

The Beginning of this Month is the best Time for pruning Cherry, Plumb, and Peach Trees of one Year's Growth ; and in this, more than any other Article, the Gardener needs Advice, for few pursue a proper Course in this Matter ; some leave on a great deal too much Wood, and some cut away in a Manner all. The middle Course is, in this as in most others, the best. It is an Error to leave on more Wood than the Root will be able to feed well, but the other Error of cropping it down too close is worse. The Gentleman who manages his own Garden is apt to run into the Extreme of leaving on too much, because he is fond of every Shoot, and the Gardiner is apt to fall into the other, because he thinks he shews most Skill when he maims and cuts away most. There is no Article so nice as pruning, and we therefore repeat the Caution of using a prudent Moderation. It is better to err a little on either Side than to be in the Extremes.

This is a very good Season for cutting of Quicksets.

Finally, we shall close the Article of Trees with Directions concerning the Rose Tree, an Ornament of the greatest Kind in Gardens, and which, with proper Management, produces Flowers for a long Succession of Time.

Let the Gardiner understand that the Rose Tree bears its Flowers in great Abundance on the Shoots of the same Spring: This is the Foundation of all the Management.

The Rose Tree is in this Month to be topped a little with the Knife near a Leaf Bud.

The dead and withered Branches should be all cleared away, and the Bush kept low. The great Error of common Gardiners in Respect of the Rose Tree, is the letting it run too high, and spread too much. Let the Person who expects a vast Quantity of Flowers, and those to last for a Succession of Time, keep the Shrub low, and as much as possible to a single Stem. This is the Way to have a full Season.

C H A P. II.

Of Herbs.

ABOUT the Middle of this Month let the Gardiner look to his Strawberry-beds, and, if he have not yet done it, let him go to work immediately.

Let him dress up the Beds with a little fine Manure, and, if the Season be dry, let him water them thoroughly.

Let him string the Plants, clipping away all the Runners till they blossom.

At this Time plant out some Cauliflower-plants in a good warm Bed, they will flourish finely, and will very happily succeed those planted out in Autumn.

Uncover the Asparagus, spread some loose Mould about them, and, if there be Occasion, a little fresh Manure. The giving their Roots Strength and Nourishment at this Time, is the best Method to have the Shoots large.

This is a very good Time also to plant out the Roots into new Beds; the Buds are not yet up, and therefore the Ground may easily be broken, refreshed,
and

and raked even, so that they will have all possible Advantage in shooting.

The later this is done the better, provided it can be done with Safety ; but the Danger is, that, deferring it too long, the Buds will be got near the Surface, and so be hurt in the dressing of the Ground. So long as they are safe the later the better, because this dressing of the Ground thoroughly destroys the Weeds which are apt to grow among Asparagus, and are not easily cleared away afterwards from among the Plants.

Let the Gardiner from time to time open the Earth a little Way upon one of his Beds, and he will by that discover the State of the Shoots. This is his true Direction, and by this he will be able to hit the Time of dressing the Beds exactly, so as to give the Encouragement of new and fine Earth to the Plants just when it is wanted, and of destroying the Weeds directly before the rising of the Plants.

For those who would make new Plantations of Asparagus at this Season, the Method of doing it in the natural Earth is this. Let the Ground be dug in Trenches, and some good, rich, and well-rotted Dung laid in the Bottom of every Trench.

When the whole Piece is thus prepared and is levelled, let the Plantation be begun.

Ten Inches Distance is to be allowed between the Plants, and there should be four Lines of Plants in each Bed. Between the Beds there should be left Alleys of two Feet.

When all is thus done the Gardiner is to wait the Course of Nature ; but as it will be some time before he receive any Benefit from this Plantation, he may sow some shallow-rooting Crop in the mean time upon the Ground. This is making the most of it, and not at all hurting the Crop of Asparagus. For this Purpose nothing is more proper than Onions, they will thrive very finely upon this well-dressed Ground, and far from hurting it with respect to the Asparagus, they will rather improve it.

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It must be considered, that the Roots of the Asparagus run deep, the Onion-roots on the contrary quite superficially. The Consequence is, that the Onion takes none of the Nourishment that is for the Asparagus, and there is a farther Advantage.

To explain this to the Gardiner we must refer him to the Practice of the Husbandman, whose Employment is of the same Kind with his, only his Garden is of a larger Extent.

The Husbandman, when his Land is too poor for a rich Crop, sows it with Lentils or Vetches, that is Chich-pease. These Roots are so shallow that they do not exhaust that Nourishment which is to feed a succeeding Crop, not reaching that Part of the Soil which will be turned up by the next plowing; and in the mean time they mellow the Ground.

This is the Advantage the Earth receives in Fields from a slight rooting Crop which covers it without exhausting it, and the same will happen at any time in a Garden from the same Practice; it is therefore we have here explained it so largely, that the Gardiner may understand the Advantage not only of a Crop of Onions on a new-made Asparagus-bed, but of a Crop of any slight rooted Plant upon one that lies deep.

Let the Gardiner this Month keep up a Succession of young Salletting, by sowing fresh Parcels once a Week upon warm Boders.

This Month also let him sow Cabbages and Savoys for a Winter Crop, and let him sow some Celeri for early blanching.

Cauliflowers may be sown at the End of this Month on a declining Bed.

And it is a very proper Time to sow Chardoons, which, being transplanted toward the End of April, will soon get into fine Order.

Artichoaks must now be dressed, and let this be done with Care; let the Gardiner remember he is to have only three or four Suckers on every strong Root; the rest he should slip off carefully for transplanting, and

and he may thus make up the Defects in his old Plantations.

Let the Cucumber and Melon-beds be refreshed with good hot Dung ; and this is the Time to sow for a fine Crop.

At this Time let some Lettuce be transplanted for Cabbaging, and some into dry and warm Borders to stand for Seed.

In this Month let the Gardiner remember to sow Lettuces, Beets, Fennel, Chervil, Spinage, Dill, Burnet, and Sorrel.

At this Time also some Endive should be sown ; this is a particular Season for that Plant, and it requires to be sown thin.

Those who are fond of Tarragon are now to propagate it ; the Roots are to be divided, and they are to stand in the new Plantation eight Inches asunder.

This is a very good Season for making young Plantations of Chives.

Toward the End of this Month you must sow Purslain and Nasturtium upon Hot-beds, to plant out into the natural Ground with the Advantage of the first warm and settled Weather.

If there be any thing omitted of what we have recommended to be done last Month, let it not be deferred any longer ; but let the careful Gardiner always remember that *March* is the Month for getting in his Crops, and that the Credit of the whole Summer will depend upon what he is doing now. By the End of this Month he ought of a Certainty to have his whole Crop in the Ground.

Let him all this Month continue sowing Radishes, that he may have Crop after Crop young and tender ; and let him also sow with all his other Crops some Cabbage Lettuces for Soups, and Cos Lettuces for eating as Sallad : These rise quick, and will be fit to take off the Ground before the other Crops are in a Condition either to yield any Profit or to receive any Hurt, therefore this is of the Nature of those slight rooted Crops we have so strongly recommended.

Scorzonera

Scorzonera and Salsify are to be sowed this Month, and best toward the latter End of it; and at the same Time Skirrets should be slipped.

The Gardiner is to continue sowing Pease and Beans also, that he may have a Succession of them during the whole Summer. Late Pease, when they are perfectly fine, are as delicate and valuable a Dish as very early.

The common and hardy sweet Herbs for the Use of the Kitchen in Broths, Soups, Stuffings, and the like, are now to be set, such as Mint, Balm, Pennyroyal, Savoury, Thyme, Sage, and Tansy.

If the early Hot-beds have been well managed, there will be by this Time a very promising Crop of Cucumbers and Melons; but the Bed must be very carefully attended this rough and uncertain Month, or probably all will be lost; great Rains or harsh Frosts will destroy all, if they be left too open to them. Air is necessary, and when so advanced as they are at this Season, they will have it; but when it is full of these dangerous Ingredients, it must be carefully secluded.

The great Danger is in the Night, and therefore they must be then guarded carefully from it. We have observed that the adding some new Dung is a great and necessary Article at this Season.

It must be laid in the Allies between the Beds, and will vastly refresh their Heat.

In the Middle of every good Day the Beds must be opened that they may have the Advantage of the enlivening Sun; and every Night they must be covered up with Matts, for no Body knows what the Night may bring with it; perhaps Frost, perhaps cold Storms of Hail, perhaps Snow, all destructive to these tender Plants raised by an unnatural Heat.

We advised the sowing Cauliflowers last Month upon Hot-beds; the Plants rising from that sowing will now be of a Bigness to transplant, and the removing

removing to a fresh Hot-bed will forward them extremely; this therefore should be got ready, and they should be set in carefully.

When they are rooted they must have Air, and in this the Gardiner must be very careful also; for on either Hand there are very dangerous Extremes: If they be kept too close covered they will be drawn up too tender and will come to little; and on the other Hand, if they are too much exposed they will be destroyed.

Parsnips and Carrots should be sown this Month also, and Onions, and also Burrage, Bugloss, and Dill.

In the sowing many of these Plants, the Time is to be directed in some Degree by the Soil: In general a dry Soil brings them up quicker than a moist one, because the dryer is the warmer.

The Slips and Offsets of the Skirret, which we have directed to be taken off this Month, are to be planted at eight Inches Distance, in Rows a Foot asunder, upon Beds of fine deep Earth; they will thus come on very well, but in general they are inferior to those raised by sowing.

We have directed the Gardiner to take great Care last Month of his Lettuce Plants that have stood the Winter in warm Borders; now he is to plant them out from thence, that they may stand more free and grow thicker. The Borders that defended them during the bad Weather will now draw them up too weak.

In several of the Receipts in the preceding Months we have directed the Use of Parsley Roots, and as we are here pointing out the Business of the Gardiner, it is the proper Place to explain ourselves respecting that Head.

There is a particular Kind of Parsley, the Roots of which freely and naturally grow to that considerable Size the Cook expects to see them; and they are in this Kind much more tender and less sticky than in the common Sort.

This is called Dutch Parsley, and the Beginning of this Month is the proper Time for sowing of it.

For this Plant a Bed of rich and deep Earth should be prepared, and made fine by good digging; then the Seeds are to be sown in Drills a Foot asunder.

When they have got some Bigness they are to be thinned, leaving them about eight Inches asunder; and in this Place they are to stand till the Roots have a proper Bigness, and they are fit to be planted out for Use.

We ordered the sowing of Spinach in the Month of January; the Beds of it must now be looked to and thinned.

A dry Day must be taken for this Purpose, and the Weeds destroyed and the Plants cleared to a proper Distance by hoeing.

There is no need to be very exact in the hoeing the Plants at any regular Space, but in general about four Inches one from another is a Distance at which Space all thrives very well.

French Beans may be sowed this Month in natural Earth.

A warm Border must be chosen for this Purpose, and the Ground must be light and fine.

A tolerable dry Time must be observed for the sowing of them thus early, because the Wet, if much fall, will rot them when thus assisted by the Cold. When they come up they must be defended Endwise of the Bed, if it be exposed to cold Winds, by a slight Reed Fence: This will break the Force of the Wind in such a Manner as to preserve them, when they would otherwise have been utterly destroyed. This will give a good, natural, and easy Crop of French Beans.

C H A P. III.

Of Flowers.

MARCH is a busy Month for the Person who takes Pleasure in a Flower Garden.

The two Seasons of transplanting are Autumn and Spring; and this, for most of the hardy Plants, is the proper Spring Month.

With Respect to the Autumn Plantation, that requires his Care at this Time to forward it for the Summer.

The Earth in the Borders where they stand has been soddening during the Winter, therefore it should now be stirred and broken up; but this must be done with the utmost Care and Circumspection, because the Buds are now forward, and to hurt them would be breaking in upon the Pleasure of the Summer.

The Master's Hand is fittest for this Business, and it should be done with a small Trowel.

When the Earth is thus broken, and the Weeds are destroyed, the Surface should be laid even with a wide and short-toothed Rake, and with a very careful Hand; they will then be in a Condition for the Flowers to shoot with the utmost Perfection.

This Care being taken of the Autumn Plantation, let that of the Spring be begun.

In general all fibrose-rooted Flowers may be planted at this Time, such as Lychnis, Sweet-Williams, Pinks, and Carnations, Asters, Golden-Rods, Campanulas, French Honeyfuckle, Columbines, and Hepaticas.

In general the Flowers planted out in Autumn succeed better than those of the Spring Plantation, and that for this plain Reason, that they have had the whole Winter to strengthen themselves in the Ground, and have no Check in their Spring Shooting; for this

Reason they usually flower earlier, and produce a much larger Quantity of Flowers.

This is all that is required to be done for the larger Flowers; but for the tender and fine ones that now begin to promise flowering, more Care and Caution is necessary.

The Beds of Hyacinths, Anemonies, Ranunculus, and Tulips, should be hooped and covered with Matting at Night, for there are Colds in the Night this Month that will either utterly spoil, or nip the Buds so that they will never open beautifully.

The Hyacinths will be got to some Height by this Time, and there must be some handsome slender Sticks provided for tying them up, otherwise they droop from the Weight of the Head of Flowers, and do not shew themselves in half their Beauty.

These Sticks should be short, slender, and painted of a pale green to hide them from the Eye while they perform this necessary Office; and Care must be taken in two Respects in the using of them; first, that they do not wound the Roots in thrusting down, and next that the Stalks be not crushed or injured in tying them up, which would greatly hurt the Flowers.

Those who are very fond of the Anemomy may plant some of the Roots at the End of this Month, but these should be only of the common Kinds; they will succeed very well, and flower much later than those planted at Autumn, so that there will be a longer Succession; but fine Roots must not be used thus:

The next Care the Florist must have is for his seedling Auriculas; these will begin to appear at this Time, and he must give them Air, but not Sun; they must be exposed to the Freshness of the Season in a shady Place, for they will be so tender at the first Appearance that an Hour's Sun-shine would destroy them.

The Pots of Auriculas must also be sheltered, and carefully watered.

As to other Flowers preserved in Pots, the Earth should now be stirred about them, and all dead Leaves and other Foulness cleared away.

Toward the End of the Month the Seeds of the hardy Flowers should be sown in a Bed of choice Earth; such as sweet Pease, Adonis, Poppy, Candy-tuft, Oriental Mallows, and the like.

And finally, the Ground should now be broken and dug up in the Nursery, just as we have directed in the Flower Beds, only a Spade is to be used instead of a Trowel.



THE
COOK, HOUSEKEEPER's,
AND
GARDINER's COMPANION.

A P R I L.

S E C T. I.

Of Marketing and Providing.

WE shall here, as in the Beginning of each preceding Month, acquaint the careful Provider what is in Season, and lay before her a List of Articles out of which she is to furnish her Table. The candid Reader will pardon us if some Things occur in this List which were mentioned in the former. We chuse Repetitions rather than Omissions, and there are many Dishes that continue from Month to Month for a considerable Time, some the whole Year.

This is not a Month of the greatest Choice, for many of the Winter Articles are gone out, and very few of the Summer ones are come in ; but we shall shew the careful Provider that there is at every Season a Store not only for sufficient Supply, but for great Variety.

A Bill of Fare for APRIL.

THE various Kinds from which we have directed a Supply for the preceding Months are still ready at Hand, and if some of them supply fewer, yet there is in others an Increase that makes Amends.

A R T.

A R T. I. *Butchers Meat.*

This is a constant and sure Resource. We lose the Winter Fowl in Summer, and the Products of the Garden in general fail in Winter ; but the Market is still filled with Flesh Meat. We have given a great many Methods of dressing it in its several Kinds, and shall many more ; for the Art of the Cook is no more confined than the Hand of Nature.

The Ox is at all Times brought to the Slaughter, and affords us a long List of Pieces. We have recommended the larger and more substantial of these in the Winter Months, but there are enough for this or they may be repeated. A boiled Rump is fittest for Winter, but there is no Time when a Sirloin is not in Season. The several smaller boiling Pieces may also be brought in now ; and though we don't advise bringing the Rump whole to Table, the Larder should not be without it, for many nice small Dishes that we shall name depend upon it.

Veal is very fine at this Season ; the Neck boiled, or the Knuckle with a Ham, is fit for any Table. At large Entertainments a Chine of Veal makes a good Appearance, the Head is useful many Ways, the Fillet cut into Collops, and the Loin for Ragoos.

The Leg of Lamb with Spinage is very fit at this Time, and other Parts of it stewed, forced, or ragoo'd, or in Pies.

As we shall have from good Gardens some of the early Summer Products, we shall find Lamb very fit for them ; any Part roasted introduces French Beans and Cucumbers in their young and nice State better than larger Joints or stronger Meats. In a well-regulated Table these young Greens should have young Meats with them.

Hams yet are very proper with Pigeons, with Veal, or in the good old Way, with Chickens ; but let them be small and young ones.

2. *Poultry.*

Pigeons are in high Season now, and there is no Time of the Year more favourable for Chickens ; they are young and delicate, and properly fatted up at this Season exceed any others. The Farmer's earliest Breeds of them come in now, and bring a Price that pays him very well for the Charge and Trouble of raising.

Green Geese and Ducklings are also in high Season. Young Chickens and Asparagus is elegant, and the fine small Rabbits, which all the Markets afford at this time, answer in Fricassees nearly as well as Chickens. Let not the critical Reader despise us for placing Rabbits among the Poultry ; we are informing the Housekeeper what she will find at the Poulterers.

3. *Fish.*

Of the Fish Kind there are several in Season ; toward the End of the Month Mackarel will come in, and young Gooseberries will be growing to a Bigness for them. Smelts are fine this Month, and there are Herrings, Mulletts, and several others.

Of the Shell-fish Kind there are yet Oysters, but they are growing out of Season ; this is the last Month for them till after Summer. Crabs and Lobsters are in very good Season now, and Prawns.

From the fresh Waters we have Carp, Tench, Pike, Pearch, and Gudgeons. Eels are also very good in this Month, better than in the Heat of Summer.

4. *Greens and Roots.*

Salleting is this Month in great Perfection, and there is Asparagus very fine.

There are Sprouts from Savoy and Cabbage-plants, and young Shoots of Brocoli very delicate. Coleworts are yet good, and there is Celeri, Beet, and Endive.

Lettuces begin to come in ; the Dutch brown, and common Cabbage are in good Order ; and there are fine young Cos-lettuces in the greatest Perfection.

The

The Shoots of the Hop-plant, called Hop-tops, are now in Perfection ; and there is another Shoot not so much known in England as it ought to be, this is the Salsify; our Markets afford some of it, and it may always be raised in the Garden of the Family ; many prefer it to Asparagus ; it is at least equal to that, and has the Advantage of Variety.

Some Pease may very well be expected this Month in a good Garden, and the Markets afford them. There are also French Beans raised on Hot-beds, and also Cucumbers, as we have mentioned already.

As to Roots there are many ; Radishes will now be in Perfection ; Beet-root continues good, and there are Parsnips and Carrots. These are not to be looked for in the Garden, for such as have stood the Winter in the Ground have shot by this time, and are sticky ; but those kept in Sand are fine yet. There will also be young Carrots from the Autumn sowing for that Purpose ; these will yield a very fair Supply of Variety in this Article.

5. *Fruits.*

The Store of Fruits preserved through the Winter are now in a Manner gone, and but few of those which Art brings forward before their proper time are yet come in, but there are some of each.

Apples and Pears are the only Kinds that can be expected to last yet of the Stores of the former Year, and of these but a few Kinds ; the John Apple and the Stone Pippin remain still, as also the Nonpareil ; there are three of the Ruffets also which hold out yet ; these are Pile's and Wheeler's, and the Golden Ruffet.

The two best Pears at this time are the Bergamot Bugi, and the Carmelite ; the Franc-Real and Saint Martial keep yet, as do also the Lord Cheyne's Winter Green and Chamontelle ; these are for eating. Parkinson's Pear and the other Warden, commonly called the English Warden, hold good for baking, and the Cardillac.

These are the Remains of the last Year ; as to the forward Fruits of the present, they are owing to artificial Means, to forcing Frames and Dung ; but we have from the Hot-bed Strawberries, and from the Frames we have Apricots, that Kind called the Masculine ; also Cherries, and some of the early Plumbs ; these, whether raised or purchased, come so dear that they are only for the Tables of the Great ; but they make a very agreeable Appearance there ; their Novelty gives them an additional Value, and they foretel Summer.



S E C T. II.

C O O K E R Y.

OUR Cook is by this time, from the plain and exact Directions laid down in our several preceding Numbers, prepared for the common Business of her Profession ; and, being well grounded in that, she will find it easy to do all the rest to Satisfaction ; she will be able to shew that an English Girl, properly instructed at first, can equal the best French Gentleman in every thing but Expence. It is only in the being better taught at first, that these Foreigners excel our own People ; let them have the same Advantages, and they may defy them. It is this we have endeavoured to give them in the present Book, and we hope we have hitherto succeeded.

C H A P. I.

Of Roasting.

WE have given the full Directions for this Article in the common Joins, therefore the English Cook has the Rudiments of her Profession in that Article. We shall now shew her the greater Extent and Elegance.

A R T.

ART. I. *To roast Venison the Italian Way.*

Put into a Bowl a good Quantity of sweet Basil cut small, with some Sprigs of Thyme, sweet Marjoram, and Winter Savoury; cut in some Chibols, and shred some Parsley fine; sprinkle in some Pepper and Salt, and pour upon all this two Quarts of Vinegar.

Let these stand all Night, next Morning add half an Ounce of Mace, ten Cloves, two Nutmegs broke small, and a Pinch of Saffron, ten Bay Leaves, and a couple of chopt Onions; stir all up well together.

Cut some large and thick Pieces of Fat Bacon for larding, lard the Haunch of Venison well with them, strew it over with some sweet Herbs and Spices, the same that are put in the Vinegar; and last of all with a little Pepper. Lay it in a long deep Pan, pour the Vinegar and Ingredients upon it, turn it once in twelve Hours, and let it lie thus three Days, then spit it, roast it carefully, and baste it with the Pickle.

Send up with it some rich Gravy, with a good deal of Pepper and a little Vinegar in it.

This is a famous Dish with the Foreigners, but a plain Haunch is preferable. It makes a Variety however, and as there are Palates it will please, 'tis fit the Cook know how to do it; she must be able to dress Things not only the best Way, but the Way they will be liked best.

A Turkey with Oysters the French Way.

Pick and draw the Turkey, cut the Liver to Pieces, and set it over the Fire in a Stewpan with twenty Oysters in their Liquor, some Pepper and Salt, a couple of Bay Leaves, and two Blades of Mace; add a Piece of Butter rolled in Flour, and ten or a dozen small Mushrooms. Set this over a very moderate Fire, shake it once and cover it, then singe the Turkey, and as soon as this is done take off the Stewpan, draw all the Ingredients together with a Spoon; if they have been well heated thro' it is enough; stuff the

Turkey with the whole Parcel, and then carefully spit it.

Cover it with broad thin Slices of Bacon, put a buttered Paper over these, and lay it down to a good Fire, but at a proper Distance.

While the Turkey is roasting set on a Stewpan with half a Pint of Essence of Ham; throw a Pint of Oysters into some boiling Water, this will blanch them, take them out, take off the Beards, throw them into the Essence of Ham, and add a little Juice of Lemon to give it a Tartness. Take Care this be hot when the Turkey is enough, and when that is laid in the Dish pour this over it and send it up hot.

3. *A Quarter of Pig Lamb Fashion.*

The former are roast Dishes of some Expence, this and the following are more generally useful.

Let the hind Quarter of a large Pig be cut Lamb Fashion, skin it, and strew it over with shred Parsley, lay it down at a Distance, and by Degrees bring it nearer the Fire, so as to brown it up thoroughly at last.

Have some Mint Sauce made of very young Mint, chopped with Sugar and Vinegar, to serve up with it; and just as it is going to Table squeeze over it a very little Juice of a fine Seville Orange.

It makes a very pleasant Dish, and the Company are often confounded what to make of it; but they many Times take it for Lamb, and those who think otherwise say it is like House Lamb, but better. It is a Dish always approved.

4. *A Fowl Pheasant Fashion.*

Chuse a fine large grown Fowl, keep the Head on, and truss it as a Pheasant, lard it with thin Slips of Bacon, and roast it carefully at a Distance first, and afterwards near. Send it up with the same Sauce that is used for Pheasants, which we have named before, and many People will be deceived: Those that are not will be very well pleased with it, for a Fowl no other Way eats so well.

If there be one Pheasant roasted plain, and a Fowl thus larded Pheasant-fashion, sent up in a Dish together, the Gravy mixing and going with them, few will know the Difference. I have seen in such a Case the Fowl preferred to the Pheasant by all the Company.

5. *Teal with Olives.*

Pick and draw the Teal, cut the Livers to Pieces, mix with them some sweet Herbs picked from the Stalks, an Onion cut fine, some Pepper and Salt, half a Blade of Mace, half a dozen Mushrooms, and a good Piece of Bacon; all these Ingredients are to be minced fine together, and the Bodies of the Teal stuffed with them; then they are to be laid down to roast, covered with broad thin Slices of Bacon, and with buttered Paper over them.

While the Teal are roasting, the Sauce is to be made thus:

Chuse some large fine Olives, clear the fleshy Part from the Stones, and put it into some Veal Gravy.

Set on a Stewpan with a quarter of a Pint of Essence of Ham; when it is hot put in the Veal Gravy and the Olives; let them once boil up.

When the Teal are enough lay them in a Dish, and pour this rich and elegant Sauce over them.

6. *A Green Goose with Chesnuts.*

Draw and pick a well-grown Green Goose, singe it carefully, and lay it ready on the Drestler. While the Goose is preparing let there be some Chesnuts laid to roast in the Embers or among the Cinders; when they are so done that the hard Skin will separate, take that off, and lay them in again; when they are well heated through again, skin them a second Time to make them perfectly clean.

Then cut to Pieces the Liver of the Goose, with a good Slice of fat Bacon, cut also very small, a dozen Mushrooms, and four or five Morells; slice two Truffles,

Truffles, and add some sweet Herbs, Pepper, Salt, and a Blade of Mace beaten to Pieces; put all these into a Stewpan with a Piece of Butter, cover them up, set them on a moderate Fire, and let them be well heated through.

Put this into the Body of the *Gocêe*, and put along in this three good Sausages pricked all over; when the Stuffing is all in lay the Goose down to roast.

While the Goose is roasting put some more Chestnuts to do in the Cinders, and when they are thoroughly done, and well peeled, set on a Stewpan with some Beef Gravy; let the Chestnuts be bruised in a Mortar and put into the Gravy, and stewed till they are perfectly soft. When the Goose is enough lay it in a Dish, and pour the Sauce over it. Some make the Sauce richer, but this is better.

C H A P. II.

Of Boiling.

AS we have led the Cook in the Article of roasting from the plainest to some of the most elegant Dishes prepared by that Kind of Cookery, we shall do the same in Respect to boiling in the following Chapters.

A R T. I. *Salmon boiled in Wine.*

Chuse a fine prime Piece of fresh Salmon when in the highest Season, scale it, wash it carefully, and lay it ready; cut some Slices of Bacon, Fat and Lean together, cut a Pound of Veal thin, and a Pound and half of Beef; strew in some Pepper and Salt over these, and put them into a deep Stewpan, put the Salmon upon them, and pour in as much Water as will just cover it, and no more; set it over a gentle Fire, and let it scimmer till the Salmon is near done.

Then

Then drain away all the Water pretty close, pour in two Quarts of strong white Wine, and put in at the same Time an Onion cut to Pieces, and some Thyme and sweet Marjoram stripped from the Stalks; let it stew gently again, and while this is doing cut a Sweetbread into thin Slices, cut it again crosswise, and set it to stew in a Saucepan with some rich Veal Gravy; when it is done enough add a quarter of a Pint of Essence of Ham; take up the Salmon, lay it in a Dish, and pour the Sauce over it. Serve it up very hot.

2. *Boiled Soals the Dutch Way.*

Chuse a Pair of large Soals, gut them, and take off the Skin, then wash them very clean in cold Spring Water.

Set on a Stewpan with some Water and a little Salt, when it boils put in the Soals, and let them boil a few Minutes.

Set on a small Stewpan with some chopped Parsley in a little Water, let it stand till the Water is almost all consumed, then dust in some Flour, and put in a good Piece of Butter; shake this together till all is well mixed, and then lay the Soals, carefully drained, upon a Dish, and pour this Sauce over them.

This is a very plain Way of dressing Soals, but they have the full fine Flavour; and to those who are fond of the real Taste of the Fish, this is preferable to any other Way.

3. *Boiled Soals with white Wine.*

Chuse three Pair of middling Soals, scale them, gut them, and wash them clean in cold Spring Water; when taken out of that lay them on a Dish, and pour half a Pint of white Wine over them; turn them once or twice in it, then pour it away.

Cut off the Heads, Tails, and Fins of the Soals thus cleaned and seasoned with the Wine, and set them ready. Set on a Stewpan with a little rich Fish Broth, put in an Onion cut to Pieces, a Bundle of
sweet

sweet Herbs, some Pepper, Salt, and a Blade of Mace; when this boils up put in the Soals, and with them half a Lemon cut into Slices, Peel and all; let them be well heated, then take out the sweet Herbs, and pour in a Pint of strong white Wine; at the same Time put in a Lump of Butter rolled in Flour; let all boil up together to mix well, and finish the doing of the Soals.

While this is doing, mix in a Saucepan half a Pint of Veal Gravy, and a quarter of a Pint of Essence of Ham; take up the Soals, and pour this over them.

4. *To boil French Beans.*

French Beans being just coming into Season, we shall lay down the Method of dressing them: Nothing is easier; but as we had not Occasion to mention them in the preceding Months among the plain and common Receipts, that nothing may be wanting we shall give the Method here.

Cut off the Stalk End, and, beginning at the other, string them carefully. The Strings are very tender at this early Season, and for that Reason some may think there is no great need of Care in this Article, for if they break, and a Part be left on, 'tis, as they think, no great Matter; but the good Cook will think just otherwise; the Strings are as hard in Proportion to the Beans now as they are in the Season when they are larger: The Beans never are so delicate as now, and nothing is so proper as to send them up accordingly; a careful Hand must therefore be employed, and they must be made perfectly free from the Strings, Stalks, and Tips.

Let a Bowl of Spring Water and a little Basket Salt dissolved in it stand at your Elbow, and as the Beans are cleaned and stringed throw them in.

When all are done set on a small Stewpan for boiling of them, and put some Salt into the Water; see the Pan and the Water be perfectly clean, let the Fire
be

be clear, and when the Water boils put in the Beans ; when they have boiled a little while take one out and taste it ; as soon as they are tender throw them into a Cullander, and in the mean Time melt some Butter very thick and fine ; lay the Beans on a Plate in a little Heap, highest in the Middle, and send up the Butter in a Sauce-boat.

This is the French Way, for they send up the Beans whole, which is much the best Method when they are thus young, and being whole they better preserve their delicate green Colour.

When a little more grown they must be cut a-croß in two after stringing ; and for common Tables, when older, they are to be split first, and cut a-croß afterwards ; but those who are nice never have them at such a Growth as to require splitting.

5. *Boiled salt Cod the Italian Way.*

Chuse a fine Piece, and lay it to soak in a great deal of Water ; when it is soaked, clean it thoroughly, and set it on in a large Stewpan, with a great deal of very clean Water ; let it boil up once or twice, then set it off.

Set on another Stewpan with a good Piece of Butter, put to this a Handful of young Onions cut very small, a good Handful of Parsley cut small, two Cloves of Garlick shred, and some Thyme and Sweet Marjoram Leaves picked clean from the Stalks ; when these are warm together, take out the Cod from the Water in the other Stewpan and lay it into this upon these Ingredients ; squeeze a large Seville Orange Orange over it, dust on a little Pepper, and pour in half a Gill of sweet and fine Oil ; set all over the Fire, stir it frequently about, turn it two or three Times, and taste it to find whether it be well relished, if not, add more Pepper or more Orange Juice ; then dish it up hot, and send up with it Gravy, with Essence of Ham for those who chuse it.

C H A P. III.

Of Broiling.

IN this, as in the foregoing Chapters, we shall lead the Cook, who understands the Rudiments of her Profession, to some very elegant Dishes, most of them at a very moderate Expence, therefore generally useful.

A R T. I. *To broil Eels.*

Chuse Eels of a moderate Size, those of about three quarters of a Pound Weight are fittest for this Purpose; take off the Skin, cut them into Pieces as long as one's Finger, and with a sharp-pointed Knife cut Slashes in them length-ways in several Places.

Set on a Saucepan with some Butter to melt in the usual Way, when it is melted strew in some Pepper and Salt, some Leaves of Thyme, and Pot Marjoram stripped clean from the Stalks, an Onion cut to Pieces, and some Parsley; shake these well together, and then put in the Pieces of Eel; shake them about a Minute or two over the Fire, then take them off, and pour all into a Bason.

Rub a Quantity of Crumb of Bread to fine Powder between two Cloths, set a Gridiron high over a very clear Fire, lay these Crumbs upon a Dresser, take out the Eel Piece by Piece, and roll them in the Bread till well covered with it; then lay them on and broil them to a fine crisp brown.

While the Eels are dressing set on some Veal Gravy in a small Saucepan, and add to it some Chives cut very fine, some Parsley shred fine, and some Capers, with the Flesh of half a dozen Olives; shake them about for some Minutes that all may be well heated together, and then take off the Eels; pour this Sauce into a Dish, and lay the Eels in it.

2. *To broil Salmon.*

Chuse some fine fresh Salmon cut into proper Pieces, and wipe them clean and dry; melt some Butter very rich, with a little Flour and a sprinkling of Basket Salt; put the Pieces of Salmon into this, and roll them about that they may be very well covered with it all over; then lay them on a clean Gridiron, and broil them over a slack Fire.

While the Salmon is broiling let the Sauce be made for it thus.

Wash a couple of Anchovies and take out the Bones, cut them into small Pieces, and cut a Leek into three or four long Pieces; set on a Saucepan with some Butter and a Dust of Flour, put in these Ingredients, and also some Capers cut small, some Pepper, Salt, and a little Nutmeg; add a little warm Water, and two Spoonfuls of Vinegar; melt the Butter, and shake all together.

When the Salmon is done on one Side turn it on the other, and when it is enough take it off; then take the Leek out of the Sauce, and pour the rest into the Dish; add a little Orange-juice, then lay in the broiled Pieces of Salmon in a regular Manner.

C H A P. IV.

Of Frying.

WE have shewn the common Use of frying, in Steaks and the like, but we shall now lay before the Cook several other Articles, in which that Sort of Cookery may be employed in a much more elegant Manner.

A R T. I. *Fried Eels.*

Skin and gut the Eels, and then take out the Bone; the larger Eels are, for frying in this Way, the better.

S f 2

When

When they are thus cleaned and prepared, cut them in Pieces as long as a Finger.

Put into a Soup Dish a Quart of Vinegar, strew in some Pepper and Salt, put in five Bay Leaves cut into two or three Pieces; add two Onions cut in Pieces, and some Juice of Lemon. Lay the Eels, boned and cut to Pieces, in this Pickle for three Hours, turning them carefully several Times.

Take them out, drudge them well with Flour, set on a Stewpan with clarified Butter, and fry them brown. Fry some Parsley and serve it up with them dry. Some chuse Gravy Sauce to them.

2. *Fried Salt Fish.*

Chuse a fine Piece of salt Cod, water it well, and when it is perfectly fresh cut it into Slices. Set on a Pan with some clarified Butter, dry the salt Fish carefully, then drudge it with Flour, and when it is well covered in every Part put it into the Pan of Butter, fry it brown, and send it up hot with fried Parsley. Any other Sauce may be sent up with it, according to the Pleasure of the Mistress.

3. *Fried Mushrooms.*

Pick and skin a Quantity of Mushrooms of a middling Growth, when very small and round they are called Buttons, and when full grown and spread they are called Flaps. Neither of these are fit, but such as are of the Breadth of a Crown-piece or somewhat more, and are neither flat nor round, but hollow. These are the proper Mushrooms for frying, and they make a Dish whereof many are very fond. These are to be cleaned and prepared by skinning, and when in this Order they are to be put into a Saucepan with a little Veal Gravy and a few Corns of whole Pepper; set them on the Fire and shake them about a little. All that is meant by this is to deaden their Stiffness, and to give them a little Relish. When they fall, pour them into a Cullander and let the Gravy drain off,
but

but save it, for it is better than it was before for any Use; the Mushrooms have given it as much Taste as they have taken from it at least.

When the Mushrooms are drained pour them out upon a Cloth; sprinkle them over with Pepper and Salt, then drudge a very small Quantity of Flour over them, and fry them in Butter till they are enough. Send them up with fried Parsley, and send up some rich Beef Gravy in a Sauce-boat for such as like it.

4. *Fried Morels.*

Set some Mutton Gravy over the Fire in a Sauce-pan, clean some fresh Morels perfectly, and cut them into thick Slices and throw them into the Gravy with a Blade of Mace and four or five whole Cloves; let them boil up once, then strain off the Liquor, pour out the Morels on a Cloth and drudge them with Flour. Save the Gravy, set on a Stewpan with Butter, fry the Morels after well drudging them with Flour, and serve them up with the Gravy thickened, by Way of Sauce.

The Reader will be pleased to observe we have here said fresh Morels. This Method will not do for such as are sold dry. We have explained the Nature of the Morel in our first Month, to which we refer.

5. *Fried Beet-Root.*

Chuse some large and fine Beet-roots, and send them in a Pan to an Oven to be baked, or they may in London be bought ready baked at the French Sallad Shops and Cellars.

Peel the Roots when baked, and cut them into long Slices: They must not be cut crosswise, but split down into Pieces of half an Inch thick; each good Root into three or four Slices.

When these Slices are cut, make a rich Batter for them thus.

Break half a dozen Eggs, take all the Yolks and three of the Whites, beat these up, grate in some Nutmeg, sprinkle in a little Pepper and Salt; add four
Cloves

Cloves bruised to Powder; beat all up, then put in a Quarter of a Pint of Cream, and the same Quantity of Mountain Wine. When all these are well mixed, bring in as much fine Flour as will make them into Batter, and then throw in the Slices of Beet.

Shred some Parsley very fine, rub some Bread to Crumb, and mix these and a little Flour.

When the Slices of Beet are well covered with the Batter, take them out, drudge them over with this Mixture, and fry them in Butter; serve them up hot, and squeeze over them some Juice of Seville Orange just as they go up.

C H A P. V.

Of Baking.

WE shall add two to the former Articles of this Kind in the present Number; one very elegant, and the other, though but coarse in Name, yet, when well done, an excellent Dish, and esteemed by many.

A R T. I. *Baked Ox Cheek.*

Clean an Ox Cheek perfectly well, and put it into a coarse strong earthen Pan that will hold it, with some Room for other Ingredients: Stick two large Onions with Cloves, a dozen in each Onion, put these into the Pan; then put a large Bundle of sweet Herbs, two Carrots cut in long Slices, four Blades of Mace, some Pepper and Salt, a Handful of Champignons, or wild Mushrooms, and two Quarts of Porter; shake all these well together, and then pour in as much Water as will cover all up.

Butter well a couple of Sheets of Cartouch Paper, and tie them fast over the Pan, one after the other. Let it be thoroughly well done.

When it comes home pour a good Quantity of the Gravy into a Saucepan, add to it a Gill of red
Port

Port Wine, and a large Piece of Butter rolled in Flour.

Thicken this up, and then take out the Head, lay it in a very large Dish, and pour this excellent Gravy over it. It is very rich and fine.

2. *Baked Mushrooms.*

Lay at the Bottom of a small China Tart-pan a couple of Slices of very fine fat Bacon, sprinkle over this some shred Parsley, and strew on a little Pepper; then lay in a good Quantity of middle-sized Mushrooms, such as we directed to be used for frying; let them be well picked and skinned; sprinkle among these some Pepper and Salt; lay here and there among them a few Shalots, then lay over them two or three more Slices of Bacon cut very thin, and strew upon this a Blade of Mace bruised to Powder, and a little Pepper.

Tie a Piece of double Cartouch Paper over the Pan, buttered between the Doublings, and thus send it to the Oven. It will come home a rich and fine Dish.

C H A P. VI.

Of Sauces.

WE have laid down the Rudiments of Cookery, and we now come to the Practice of the Art in its full Perfection: The Cook knows already how to make the ordinary Sauces, she will here see how she is to answer the Demand at the most elegant Tables, and that without the great Expence which must be when made according to the Sauce Receipts in the usual Books of Cookery. It is in this Article the French excel us principally: The Cooks of that Nation have beggared many great Families, but we propose in this Book to introduce all the Elegance of their Dishes at a moderate Price.

A R T.

ART. I. *Ham Sauce.*

When a Ham is pretty well eaten down, so that it cannot appear again at Table, nor any handsome Slices be cut from it, pick all the Meat clear from the Bone, beat this well with a Rolling-pin that it may be broke in every Part; put this Mash into a Saucepan, and pour in about three Spoonfuls of any common Gravy.

Set it over a small Fire, cover it, and stir it about till it sticks to the Bottom of the Saucepan; then drudge in a little Flour, and keep stirring it about for some Time, for it will more and more stick to the Bottom.

After some Time pour in half a Pint of Beef Gravy, and at the same Time add a small Bundle of sweet Herbs and some Pepper; cover it up, and let it stew over a gentle Fire: When it is thoroughly done strain off the Gravy.

This is an excellent Sauce for Veal, Capons, or common Fowls, and may be seasoned higher at Pleasure.

2. *Orange Sauce for Ducks.*

Put into a Saucepan a quarter of a Pint of Veal Gravy and half a Gill of Port Wine, set it over the Fire, and let it once boil up; then squeeze in the Juice of two Seville Oranges and one Lemon; set it on again to be hot, dust in a little Pepper, and then pour it hot into the Dish.

It is fit for Wild Duck, Teal, Widgeon, and all the Water Fowl of the wild Kind whatsoever.

3. *Green Sauce for Lamb.*

Cut a Handful of young green Wheat, put it into a Marble Mortar, with a small Crust of Bread, pound them thoroughly together, and add a little Pepper and Salt; put in after this a Spoonful of Vinegar and four Spoonfuls of Veal Gravy; grind all together, and then strain the Liquor through a Sieve, and send
up

up in a Sauce-boat. Nothing gives so fine a green as young Wheat.

4. *Woodcock Sauce.*

When the Woodcocks are roasted take out the Guts and the Livers, bruise them with a Spoon to a Mash, and sprinkle on them a little Pepper and Salt; add two Spoonfuls of red Port, and a small Piece of Butter rolled in Flour; boil all up together.

The Way of sending up this is to pour it hot into a Dish, and cut up the Woodcocks in it, so sending them to Table.

5. *Shalot Sauce.*

Set on some Veal Gravy in a small Saucepan, peel some Shalots, and cut them very fine and small, strew Pepper and Salt upon them, and spread them over the Bottom of the Dish; when the Gravy is hot pour it upon them, and immediately after lay in the Meat.

This is very good with roast Mutton, and many are fond of it with roasted Fowls, Chickens, or Capons.

6. *Rich Caper Sauce.*

Drain some Capers from their Liquor and cut them small; put into a small Saucepan some Essence of Ham, sprinkle in a little Pepper, and let it boil up; then put in the Capers; let it boil up again two or three Times, then serve it up hot.

Our Way is to mix Capers with melted Butter; but whoever has once tasted the French Caper Sauce will have no Relish for the greasy Kind in common Use.

To save the Expence of Essence of Ham, our common Ham Sauce will do.

7. *Onion Sauce, the French Way.*

Set on a Saucepan with half a Pint of Veal Gravy, cut to Pieces three good Onions, mincing them very

fine, strew a little Pepper and Salt over them, and then put them into the Gravy; let them scimmer gently till the Onions begin to be tender, and then strain off the clear Gravy.

8. *Sweet Sauce.*

Bruise a good Stick of Cinnamon, set it over the Fire in a Saucepan with just as much Water as will cover it, boil it up two or three Times, then put in a couple of Spoonfuls of the finest Sugar beaten to Powder, and a quarter of a Pint of white Wine, break in two Bay Leaves, boil all up together, and then strain it through a Sieve, and send it up hot in a Sauce-boat. It serves many Things.

9. *Goosberry Sauce for Mackarel.*

Melt a little Butter in a Saucepan, add a Dust of Flour, brown it, and then throw in some Chives minced very fine.

When these have been heated together add some Fish Gravy, and throw in some Bay Salt and a little Pepper.

Boil this up, and then put in two or three Sprigs of young Fennel, and some small picked Goosberries; keep it scimmering till the Goosberries are tender, and then serve it up together.

We see in this, as in Caper Sauce, a great Difference between the French Method and the English, but the French is greatly preferable: We learnt ours of the Dutch, who butter every Thing.

10. *Sauce Robert.*

Cut some large Onions into Dice, or small square Pieces, but not so small as by mincing, cut some fat Bacon in the same Manner, and put both together into a Saucepan, set them over the Fire, and keep them continually stirring about.

When they begin to be brown pour off the Fat, and pour in some rich Veal Gravy, add a little Pepper and Salt, and let them boil gently together till

till the Onions are tender ; then put in a little Mustard and some Vinegar, and serve it up hot.

This is excellent with roast Pork, and it eats very well with a roast Goose, and many other Things.

C H A P. VII.

Of Cullisses.

THESE are a particular Article of the French Cookery, which we have not named in the preceding Months, because Victuals may be dressed in a plain Way very well without them ; but they are essential to Made Dishes, and will be found very useful on many other Occasions ; they are Things that should be kept in the House ready for different Purposes.

If any of the Sauces described in the last Chapter are too thin, a little Cullis of the proper Sort thickens them up ; and in general it is an Addition to any of them to add Cullis, more or less, according to their Consistence.

They are useful in the same Way in all Raggoos and in Soups, and as there are many Kinds of these, there are in the same Manner Cullisses of the same Variety and Sorts for them.

This being sufficient to explain the Nature of Cullisses in general, and their Use, we shall proceed to give the several Kinds ; and it will be the more proper to introduce them here, because in the next Chapter we shall treat of some of the rich Soups, in which these are very proper Ingredients, as well as in the succeeding Made Dishes.

A R T. I. *Cullis for Flesh Soups.*

Chuse a small Piece of fine Sirloin of Beef, about five Pounds will be sufficient, cut off all the Fat, and then roast the Meat very brown.

While this is roasting grate some Crufts of Bread to a coarſe Powder.

When the Meat is done put it hot from the Spit into a large Marble Mortar, add the grated Bread, and beat all together to a Maſh; when it is beat well to Pieces pour in a little ſtrong Beef Gravy, and work it well together, then put it into a Saucepan, add a little more Gravy, and toſs it in, ſeaſoning it with Salt and Pepper, and with ſome Slices of Lemon, Peel and all; let it boil together two or three Minutes, and then paſs it through a coarſe Hair Sieve, and ſet it by for Uſe.

2. *Brown Cullis for Sauces.*

Cut three Pounds of a Fillet of Veal into thin Slices, cut out in the ſame Manner three quarters of a Pound of the lean Part of a Gammon of Bacon; warm a Stewpan, and cover the Bottom of it with this Mixture of Veal and Bacon; cut into Slices ſome Carrots, Parſnips, and Onions, throw theſe careleſſly over the Meat, cover up the Stewpan, and ſet it on a very ſlow Fire.

When it begins to ſtick to the Pan, and is well browned, add ſome fat Bacon cut very ſmall, and drudge on a very little Flour.

This done let it ſtand a little longer, and then pour in ſome Veal Gravy, let it boil up, then put in ſome dried Muſhrooms, ſome Truffles, and ſome Morels, ſome ſhred Parſley, half a dozen Cloves, and a whole Leek; when it has ſcimmered a quarter of an Hour put in ſome Crufts of Bread, and when it has ſtood ſome Time ſtrain it off.

While this is doing let a full-grown Fowl be roaſted, and when well browned put it hot into a Marble Mortar with ſome grated Crufts of Bread, and then pound it to Maſh; pour in the ſtrained Liquor, and, when all is well mixed, put it into a Saucepan and boil it up; then ſtrain it through a Sieve for Uſe.

3. *A Turkey Cullis.*

Lay down a large Turkey, roast it till it be enough, and take Care it be thoroughly brown, then put it into a Marble Mortar, and pound it to Pieces; throw in some broken Crusts of Bread, and some Pieces of fat Bacon cut small; when all these are reduced to a Mash, pour in some Gravy of Veal; heat it well again.

Shred some sweet Basil and some Parsley very fine, cut some Mushrooms very small, and mince some Chives; throw these into the Mortar also, and mix all well together; then put it all into a deep Stewpan, cover it, and set it over a Stove for a few Minutes; after this take off the Cover, and turn it two or three Times as it heats; then pour in a Quart of Veal Gravy, mix all well together, pour it into a coarse Hair Sieve, and strain it off for Use.

4. *Fish Cullis.*

Chuse a large Pike for this Purpose, gut it, and lay it whole upon a Gridiron, turn it at Times, and when it is well done take it off, pull off the Skin, and separate the Flesh from the Bones.

Boil half a dozen Eggs hard, take out the Yolks, and put them by in Readiness.

Blanch a Handful of Almonds. When Things are thus ready put the Almonds into a Marble Mortar, and beat them to a Paste; then add the Yolks of the Eggs, mix these well together, and then add the Fish; beat all up to a Mash.

Cut into thin Slices half a dozen Onions, a couple of Parsnips, and three Carrots, set on a Stewpan with these Roots and some Butter, turn them from Time to Time till they are brown, and then pour in a little Pea Broth to moisten it; when this has boiled up some Time strain it off into another Stewpan, and put in a whole Leek, some Parsley and sweet Basil, half a dozen Cloves, some Mushrooms and Truffles,
and

and a Handful of Crumbs of Bread ; let this scimmer together a quarter of an Hour, and then mix in the Fish out of the Mortar ; let it continue scimmering some Time longer ; it must not boil up, for that would make it brown ; and when it is enough strain it through a coarse Hair Sieve.

It serves to thicken up all Made Dishes and Soups of Fish for Lent.

5. *Cullis of Roots.*

Cut into small Pieces a good Quantity of Roots of Parsley, and the same Quantity of Carrots, Parsnips, and Onions ; toss them up a little in a Stewpan, when they are hot put them into a Marble Mortar, and pound them thoroughly till they are a Pap : While these are pounding cut off the Crust of two French Rolls, and set the Crumb to soak in some rich Fish Broth ; blanch twenty Almonds, and put these and the soaked Crumb of Bread into the Mortar to the Roots ; when all is well bruised and mixed together by good beating, boil it all in a Saucepan with a little Fish Broth, and then strain it through a Sieve as the other Cullisses, and season it well with Pepper and Salt.

This serves excellently for all Soups and Made Dishes without Meat ; it is very useful in Lent, and nothing is more handy.

These Cullisses are a Sort of Essence of the Ingredients, or they answer to what Chemists and Apothecaries call Extracts of Medicines ; they contain all the Virtues of the Ingredients in a small Compass, and are ready for mixing up with any Thing : They are not expensive nor very troublesome. The French make them expensive by adding Partridges and other Birds of that Kind to their Meat Cullisses, and Carp and such other Fish to their Fish Cullisses ; but these we have named answer the Purpose full as well, without that great Expence.

When

When a Partridge Soup is made, as is common with them, and as we shall shew how hereafter, then it will be very proper to add a Partridge to the Cullis to give the Soup the more Flavour, and so of other Kinds ; but excepting for these Uses, for which we shall seldom want them, the several Sorts may be made perfectly good according to these Directions.

6. *Cullis of Cray-fish.*

Chuse a good Parcel of the largest Cray-fish, wash them in several Waters, and then boil them ; when they are enough throw them into a Sieve to drain, pick the Flesh from the Shells, and lay that in one Dish and the Shells upon another.

Blanch a dozen and half of Almonds, beat them to a Paste in a Marble Mortar, and then put in the Shells of the Cray-fish ; pound these well together.

While they are pounding together cut an Onion into thin Slices, cut to Pieces in the same Manner three Carrots and two large Parsnips, set on a Stew-pan with a little Butter, throw in these Roots, and toss them up till they begin to be brown, then pour on them some Fish Broth, and season with Pepper and Salt ; put in half a dozen Cloves bruised, and some Leaves of sweet Basil : This is an Herb the French are very fond of, and we are not so well acquainted with, but it gives an excellent Flavour to any Thing.

Let this scimmer together, then add a whole Leek, some Truffles, a Handful of Mushrooms, some Crusts of Bread, and some shred Parsley ; keep it hot over the Fire a quarter of an Hour, scimmering all the Time, but not boiling up ; when it has been thus long hot put in the powdered Almonds and Cray-fish Shells, and then boil it up heartily ; after it has boiled some Time strain it through a Sieve, and keep it for Use.

The Flesh of the Cray-fishes serves for many other Purposes, as we shall shew in the succeeding Chapters. In this Case the Ligaments and Skins that remain about the Shells give the Cullis a sufficient Strength and Flavour. This Cullis has all the Advantage of those made only of Roots, and this rich Flavour from the Cray-fish beside.

Having in this Place given Directions for the making of so many Sorts of Cullisses, we may now proceed to the finer and more elegant Kinds of Soups, in which they are needful Additions; but we shall endeavour to reduce the Expence of many of these, so as to bring them within the Reach of a moderate Family, at the same time preserving all that is valuable in their Taste or Qualities. This is one of the chief Things we shall endeavour throughout the present Work, and we shall deliver nothing in it on this, or any other Head, but what the Mistress and the Cook may equally depend upon; nothing being set down but what have been frequently done for my Company, and the Receipts printed from the exact Copies of my own.

C H A P. VIII.

Of Soups.

A R T. I. *Soup de Santé.*

BUY a dozen Pounds of Beef, a fine Knuckle of Veal, and a large Fowl; set on the Beef in a Pot with as much Water as will cover it, and a couple of Quarts over; season it with Pepper, Salt, Spices, and a few sweet Herbs, boil it heartily, and when the Meat is very tender and the Broth is very strong, take it off the Fire.

Put into another Pot the Knuckle of Veal and the Fowl, strain off the Broth from the Beef into this Pot, and set it on to boil again, adding one Nutmeg whole,

whole, and two or three Blades of Mace; boil this well, and the Liquor will be of the Strength of a Jelly with the rich Flavour of the Meat in it. When it is thus rich put in a large Slice of Bacon stuck with a dozen Cloves, boil it up five Minutes longer, and then set it off the Fire. This is the Broth for Soup de Sante.

The next Thing to be made is the Gravy which is to be done thus. Cut into thin Slices a quarter of a Pound of Bacon, lay it at the Bottom of a Stewpan, and put a Piece of Butter into it. Over this lay five Pounds of Veal cut into thin Slices, set this over a clear Fire, and let it stand a considerable Time to colour. When it cracks put in some of the Fat taken from the hot Broth, and stir it very little. Cut to Slices a couple of Carrots, three Turnips, and one large Onion; throw these in, and with them some Parsley shred, some Thyme Leaves stripped from the Stalks, some whole Pepper, and a few fresh Mushrooms. Let all this be fried well together, and when it is of a good Colour put it all into the Pot of Broth which has been strained off from the Veal and Fowl. A little of this Broth must left to keep the Veal and Fowl white, and to soften the Bread for the Soup.

When all is thus far ready cut to Pieces some Endive and Dutch Lettuce, and with them some Chervil and Celeri, when they are small, put them into a Saucepan, and pour some of the Soup upon them, stew them down with this, and then put in the Bread thus. Cut off the Crusts of two French Rolls, boil them up in three Pints of Gravy, and strain it thro' a Sieve; put this to the Herbs that are stewing; when this has boiled up with the Herbs pour all together into the Pot with the rest, and let it boil a quarter of an Hour together, skimming off the Fat at Times. The Soup is now finished, and will be exceeding fine, and it is to be served up thus.

Lay in the Bottom of a large Dish some French Bread in Slices, or the Crusts of Rolls dried well be-

fore the Fire; either of these may be used according to Fancy, but whichever it is, it must be soaked well in some of the Broth left for that Purpose in the first Pot; and if it be the Crusts, they must be boiled up in it to make them tender.

These being laid in the Dish the Fowl is to be taken out of the Pot and laid in the Middle upon them, and the Herbs all about them, and then pour in the Soup. Garnish it with boiled Celeri and Carrot.

This is an exceeding rich and fine Soup; the Quantity we have named is fit for the largest Table, and if in a small Family it will serve many Times, and will be every Time better and better.

The Receipt is long, but it is worth the Cook's while to understand it well; for when she does, she will have the whole Art of making Soups, every thing being in a manner comprised in this capital and general Article.

2. *Milk Soup.*

Set on two Quarts of new Milk in a Stewpan, and put into it two Sticks of Cinnamon, a couple of Bay-leaves, and a little Basket Salt; add some Sugar according to your Taste, but don't let it be too much, for if this Soup be too sweet it is spoiled.

Blanch half a Pound of sweet Almonds, and while the Milk is heating beat them up to a Paste in a Marble Mortar, mix with them by Degrees a little Milk as they are beating, and by Degrees introduce more; bruise and squeeze an unripe Lemon over the Almonds that the Zest, or fine high Flavour of the Peel, may get in among the Almonds; then strain all this thro' a Sieve, and mix it with the Milk that is heating in the Stewpan; stir all together well, and let it boil up.

Cut some thin Slices of French Bread, and dry them before the Fire; then soak them a little in the Milk, and lay them in the Bottom of a Soup-dish, pour in the Soup, and garnish it with some broken Biscuits; it is very rich and nourishing.

3. *Hop-top Soup.*

Cut a good Quantity of Hop-tops which are now in their greatest Perfection, and tie them up in small Bunches, twenty or thirty Tops in a Bunch, lay them in Spring Water for an Hour, shake them well, and lay them by; set on a small Pot, pour into it three Quarts of thin Pease-soup described in our preceding Numbers, put in the Hop-tops, boil them well, then add four Spoonfuls of Juice of Onions, and some Pepper and Salt; boil the whole up again, and when it is enough set it off, soak some Crusts in the Broth, and lay them in the Bottom of the Soup-Dish; pour in the Soup, and garnish the Dish with the Hop-tops cut an Inch long.

This is the plain Hop-top Soup, and it is very good. The French often pour in some Cray-fish Cullis, and this gives it a great Richness, and quites alters its Nature. This is to be poured in hot when the Soup is in the Dish.

4. *Onion Soup with Vinegar.*

Chuse a dozen large and sound Onions, peel them, cut them in Slices, and put them into a Stewpan with a little Butter; stew these together till they are brown, then dust in some Flour, shake them about a little, and pour in a small Quantity of Pease-soup; season this well with Salt and Pepper, and let it boil half an Hour; pour in more Soup till there be enough for the Dish, and then add some Vinegar to the Palate; there should be enough to be tasted plainly, but not to make it very sour.

Soak some Crusts in Pease-soup, lay them in the Bottom of the Dish, and then pour in the whole Quantity of the Soup.

5. *Savoy Soup.*

Chuse five large Savoys, and cut each into four Quarters, boil them a little in Water, and strain the Water off; when they are so cool that they can be handled, squeeze them dry of the Water.

Put them into a Saucepan, and pour in as much Beef Gravy as will cover them; set the Saucepan on a moderate Fire, put on the Lid, and let them stew two Hours.

Set on a Saucepan with a quarter of a Pound of Butter, dust in some Flour, and stir it about till it is brown; then peel and mince a couple of Onions, put them into the Butter, and stir it well about again; when these are pretty well done pour in a Quart of Veal Gravy, mix all well together, soak some Crusts in the Gravy where the Savoys are stewed, and lay it in the Bottom of the Dish, take out the Savoys, and lay them in the Dish at small Distances one from another, and pour in the Gravy and Onions, and serve it up

This is Savoy Soup plain, and a very rich and fine Dish it is; but there are Ways of making it richer.

6. *Savoy Soup with a Duck.*

The Savoys are to be boiled in Water, and then stewed in Gravy first, as in the last Receipt, and the Gravy is to be prepared with Butter and Onions in the same Manner: When all this is in Readiness a Duck is to be trussed for boiling, and when so prepared it is to be fried brown all over, then it is to be put to stew in the Beef Gravy with the Savoys, and when all is done it is to be laid in the Middle of the Dish with the Savoys round it.

In the same Manner the French sometimes serve up a Pigeon in the Savoy Soup, stuffing the Breast with Force-Meat.

7. *Muscle Soup.*

Set on a Parcel of Muscles in a Saucepan to stew in their own Liquor; when they are half done take them up, reserve a dozen or two that lie handsomest in the Shell for Garnish, taking off the empty Shell, and leaving the Muscle in the other.

Pick out all the rest, and put them into a Stewpan with a little of their own Liquor, add to them some Parsley shred fine, some Chibols minced small, and half a dozen whole Cloves; put in with these a Piece of Butter, and let all stew well together.

When the Muscles are well done pour in some Fish Cullis described in its Place, and about a third Part of the Quantity of Cray-fish Cullis; let the whole be as much as will suit the Size of the Dish; make all hot together, and in the mean Time soak some Crufts in Fish Broth; lay these in the Bottom of the Dish, pour in the Soup with the Muscles in it, and garnish with the Muscles in their Shells saved for that Purpose and kept hot.

C H A P. IX.

Of Gravies.

A R T. I. *Beef Gravy with Mushrooms.*

CHUSE a dozen and half of very large Flaps, that is the biggest full-opened Mushrooms that can be got, cut out the Stalks, peel off the Skin, scrape away the Gills, and then strew them over with Pepper and a little Salt; cut some thick Beef Steaks from a good Part of the Beef where there is little Fat; the Leg of Mutton Piece is very proper for this Purpose; let there be five or six Pounds of these Steaks, and let them be an Inch thick.

Beat these well, and season them moderately with Pepper and Salt.

Set on a large Stewpan, lay in the Bottom of it half a dozen Slices of fat Bacon, so as to cover the Bottom, upon these lay four or five of the Mushrooms, then lay in some of the Beef Steaks, upon these lay the rest of the Mushrooms, and the rest of the Beef Steaks over them; then cut to Pieces four Onions, and scatter

ter them among the Beef, cut also four Carrots to Pieces and throw them in; cover up the Stewpan, and set it over a gentle Fire; let all stew together for some Time, and watch how the Gravy comes; when there is a good deal set it on a better Fire, and let it boil away till the Meat is nearly dry, it will then begin to stick to the Pan; uncover it, stir all about, and put the Carrots and other Roots undermost that they may get brown; when they are browned, but not burnt, pour in some good Broth, or common Gravy, made of a Leg of Beef, as before directed; then boil all up together with a whole Leek, some Parsley, and half a dozen Cloves; boil it well, and then strain it off through a Sieve for Use.

It is an exceeding rich Gravy for Soups and Made Dishes, far exceeding the most costly Gravies of the French, into which they put Partridges and Woodcocks; the Mushroom with the Beef is richer.

C H A P. X.

Of Made Dishes.

WE shall here deliver Rules for making the most elegant as well as the most excellent Made Dishes, and shall endeavour to comprise the most pompous within a moderate Expence. There will be a Difference between those for smaller and those for larger Families, but we shall moderate the Charge greatly even in the most pompous, and at the same Time describe them as they have been served up to the Satisfaction of the greatest Judges in fine eating: Knowledge will go farther than Expence in all these Matters.

A R T. I. *An Olio the French Way.*

Cut into thick Steaks five Pounds of the Leg of Mutton Piece of Beef, put this into a deep Stewpan, add to it five Pounds of some ordinary Part of Veal,
and

and a Leg of Mutton of six or seven Pounds; this last must be skinned, and the Fat taken away; cover up the Stewpan, and set it over a Stove with a moderate Fire, let it stand till the Gravy is come, then brisk up the Fire a little, and keep it on till the Meat begins to stick to the Pan, but do not let it stand longer, for it is not to be browned over much; when it is beginning to stick pour in a little Beef Gravy, and stir it about.

When the Gravy is well mixed and coloured put all into a Pot, set it on the Fire covered up, and put in more Gravy to fill the Pot near full; then cut to Pieces a dozen Carrots, nine Parsnips, eight good Onions, and half a dozen Turnips; put all these into the Pot, and add to them a Bunch of Leeks, a Bundle of Celeri, and a Handful of the sweet Mignonne, an Herb common in France, and now kept in some of our Gardens; let all these boil well together, then put in a Fowl, a Turkey, and a Brace of Pigeons; add two Pounds of Ham cut in thick Slices, and keep all this boiling well, often skimming it when the least Foulness rises.

While these are boiling together take four French Rolls well baked and rasped, pare the Crust carefully off, and put it into a Stewpan with a little of the Olio Liquor; when they are soft put them into an Olio Pot, or they may be sent up in a Tureen, or in a very deep Soup-Dish, pour on the Broth, and let there be among it a little of the Celeri, and some small Pieces of the Roots of all the Kinds, and add some choice Pieces of the other Ingredients, and the Pigeons entire.

This is the plain French Olio, and it is a very fine Dish.

They often make it richer, by boiling a Brace of Partridges in the Gravy, and putting a Brace more roasted for that Purpose in the Dish; but it is excellent without these.

2. *A Spanish Olio.*

The Olios were an Invention of the Spaniards, and their Receipts, though particular in some Things, are much richer and better than the French, or those of any other Nation; this which follows is the principal and finest of all.

Cut out some Gristle from a Brisket of Beef, and some Gristle from a Breast of Veal and from a Breast of Mutton, cut to Pieces some Sheeps Rumps, and cut these Gristles also into Pieces of the Bigness of a Finger.

Cut five Pounds of Beef into Steaks, put these and the Gristles into a Pot, and pour upon them a good Quantity of strong Beef Broth, put in with them a Bunch of Leeks, and a large Bunch of Celeri picked very clean.

Let this stew till the Rumps and Gristles are tender, and then put in two Pigeons, a Brace of Partridges, two Pair of Hogs Feet and Ears, the Knuckle End of a Ham, and half a fine white Cabbage; put in some Pepper and Salt, a Bunch of sweet Basil, a couple of Onions, and some Cloves; cover all this with some fresh Beef Steaks cut thick, and over that lay two Pounds of fresh Veal cut also into Steaks, pour in a little fresh Broth upon these, and leave them to stew upon a gentle Fire; let the whole stand stewing till all the Liquor is evaporated, and the Ingredients begin to stick to the Bottom, then put in some more Broth.

While this is doing let some large Pease that have been soaked four and twenty Hours in Water be set on to boil in a Saucepan, with some Beef Gravy.

The Spaniards use a particular Sort of Pease they call Garavances; they are large, and not unlike our grey Pease; but, if these are not to be had, any large Pea will do.

Let these be boiled till very tender in the Gravy, and let them be ready when the Olio is. The last
Broth

Broth that is put in must boil a quarter of an Hour with the Ingredients, and then all is done. Season it to the Palate with Pepper and Salt, and set the Dish ready: This should be a very large and deep Soup-Dish, or else a Pot made for that Purpose.

First take out the several Ingredients one by one, and lay them handsomely in the Dish, so that they may set off one another; the Gristles and the Roots must be disposed in different Parts among the others: When every Thing is well disposed pour over them the Pease and their Gravy, and then pour in a proper Quantity of the Liquor, but not too much. Remember it is not a Soup, but an Olio, the Things are to be eaten in Preference of the Liquor.

For such as like more of the Liquor send up several Basons of it covered, with a Piece of Bread nicely toasted on the Cover. This is the true Spanish Olio.

3. *A Shoulder of Mutton in Epigram.*

Lay down a good large Shoulder of Mutton to roast.

While it is roasting mix together some Crumbs of Bread and Leaves of Thyme and Sweet Marjoram stripped from the Stalks, some Lemon Peel shred very small, some shred Parsley, and Pepper and Salt, with a little grated Nutmeg.

Let these lie ready on a Plate, and have a clear Fire and a Gridiron heated also in Readiness.

When the Mutton is nearly enough raise the Skin all over, of the Thickness of a Crown Piece, loosen it perfectly every where without breaking it, and then cut off the Shank Bone so as to take the whole Skin with it.

Season this thick Skin very thoroughly with the Bread Crumbs and Spices mixed for that Purpose, and lay it on the Gridiron at a good Distance from the Fire; strew more of the Crumbs and Spices upon it as it is on, and do the same when it is turned;

observe that it is to be thoroughly done, and at the last is to be finely browned.

While this is doing cut all the Meat off the Shoulder into thin Pieces as for a fine Hash, and save all the Gravy ; put this cut Meat into a Saucepan, and put in all its own Gravy, and a Cup full of strong Gravy beside ; put in with it half an Onion, some Pepper and Salt, some grated Nutmeg, and a Bundle of sweet Herbs ; let all this stew together some Time, but don't let it boil ; when this is done tolerably take out the sweet Herbs, and put in some pickled Cucumbers cut small, and some Mushrooms and Truffles ; last of all add half a Glass of red Wine, and dust in a very little Flour ; let it stew some Minutes, and the while let the broiled Part be carefully done ; when all is ready let the Hash be laid in a Dish, and the broiled Part over it.

This is a very pretty Dish, with a very particular Name ; but it is very well liked, if not very well understood.

4. *A Leg of Mutton a la Haut-Gout.*

Chuse a fine large Leg of Mutton of ten Pounds, or more, hang it up in a cool airy Place as long as it will keep, and after the five or six first Days examine it from Time to Time that it be not spoiled ; it will in tolerable Weather keep ten Days, sometimes a Fortnight.

When it is in the Condition of a Haunch of Venison for roasting take it down, and stick it all over with Cloves of Garlick, then rub it well with Pepper and Salt, and roast it.

When it is near enough set on a Saucepan with some Gravy, when it is hot break in a Stick of Cinnamon, add to this a Glass of red Wine, and send it up with the Mutton.

5. *A Fricassée of Neats Tongues.*

Boil a couple of Neats Tongues till they are perfectly tender, then peel them, cut them into thin Slices, and fry them in fresh Butter; when they are done enough put them into another Stewpan with some rich Veal Gravy, put in with them a Bundle of sweet Herbs and an Onion, two Blades of Mace, and some Salt and Pepper; let these stew together a quarter of an Hour, then take out the Tongues, strain the Gravy, and put both into the Stewpan again.

Break a couple of Eggs, and beat up the Yolks with a Glass of white Wine; grate in a little Nutmeg, roll a Piece of Butter in Flour, and put this with the Eggs into the Stewpan; shake all about for five Minutes, and then send it up.

6. *A Leg of Mutton with Oysters.*

Cut very fine half a Pound of Mutton Suet, mix with it some Salt, some Pepper, a little grated Nutmeg, and the Yolks of four Eggs boiled hard for that Purpose.

When this is ready stick a Leg of Mutton with Cloves, stuff it with this Mixture, and lay it down to roast.

When the Mutton is half done cut off some small Pieces from the under Side of the fleshy End, and put these into a small Saucepan; put with them a Pint of Oysters, let all the Liquor of the Oysters be put in with them, and let there be added two Blades of Mace, a little Bay Salt, and half a Pint of boiling Water.

Stew these well till a good Part of the Liquor is wasted, and then take them off; when the Meat is enough take it up, then put a Piece of Butter rolled in Flour into the Saucepan, shake all well together, and pour it over the Mutton; send it up hot, and it is a very excellent Way of eating Mutton.

7. *A Raggoo of Lamb.*

Cut off the Knuckle of a fore Quarter of Lamb, then lard the rest very well with Bacon, grate a little Nutmeg over it, squeeze on this the Juice of half a Seville Orange, and set it on in a Stewpan with a little Butter, and fry it to a fine brown.

When this is done take it out of that Stewpan and put it into one that is deeper, add to it three Pints of Veal Gravy, four Blades of Mace, four Cloves, a Spoonful of whole Pepper, some Shreds of Lemon Peel, and a small Bundle of sweet Herbs; cover this up, set it on a pretty brisk Fire, and let it boil and stew moderately half an Hour.

Then pour off the Gravy, and keep the Lamb in the Pot hot.

As the Gravy cools skim off the Fat from its Top.

Take half a Pint of large Oysters without their Liquor, flour them, and then fry them in Butter; when they are pretty well done pour off the Butter, and then pour in the Gravy to the Oysters; put in at the same Time an Anchovy boned and cut to Pieces, and a Glass of red Port Wine; let this boil till a good deal of the Liquor is wasted, then throw in some fresh Mushrooms picked and cleaned, put in also some pickled ones, and a Spoonful of the Liquor, and add the Juice of half a Lemon; when all this is ready take out the Lamb which has been all the while kept hot, lay it handsomely in a Dish, and pour the Sauce over it, then garnish it with Lemon.

8. *Pillaw of Veal.*

Lay down a Neck of Veal, and half roast it; when it is thus far done take it off the Spit, cut it into five or six Pieces, and season it with Pepper and Salt, and a little Nutmeg.

Set on a Stewpan with the Bottom buttered, put in a Quart of rich Broth and a Pound of Rice, add two
Blades

Blades of Mace, a Nutmeg broke in a Mortar into four or five Pieces, some Pepper, and some Salt; set this on a slow Fire, and let it stew till the whole is thick and the Rice tender; when this is near done break eight Eggs, beat up the Yolks, mix them with some of the Stew, and then add them to the whole.

Butter the Bottom and Sides of a small deep Soup-Dish, lay in a good Quantity of the prepared Rice at the Bottom, upon this lay the Pieces of Veal one upon another in a little Heap, then pour in the rest of the Rice, beat up the Yolks of three more Eggs, and cover the whole with them.

In this Condition send it to be baked, and let it remain in a moderate Oven half an Hour; when it comes home have half a Pint of rich Veal Gravy ready hot, open the Pillaw at the Top, and pour in the Gravy, then send it up, garnished with Lemon cut to Pieces and quartered.

9. *Olives of Veal the French Way.*

Cut into small Pieces, of about three Fingers Breadth and a Finger's Thickness, three Pounds of fine Veal, chop to Pieces a quarter of a Pound of Beef Marrow, wash a couple of Anchovies, take out the Bones, and cut them to Pieces, mix this with the Marrow, grate over it some Nutmeg, break to Pieces the Yolks of two Eggs boiled hard for that Purpose, chop to Pieces some fresh Mushrooms, and a dozen and half of large Oysters without the Beards, strip some Thyme and Sweet Marjoram Leaves from the Stalks, add some Salt, Pepper, and beaten Mace, and mix all well together.

Have a Veal Caul clean and ready, and cut some thin Slices of very fat Bacon; when all this is ready begin to put the whole together.

Spread the Caul open, and lay in some Slices of Bacon nearly to cover it, then put upon this a thin Covering of the Ingredients, upon this lay some of the Veal, and upon that some more of the Ingredients, then some Bacon again, and so on till all is in; then
roll

roll up the Caul with the whole in it, and roast it; let the Fire be brisk, and an Hour will do it.

When it is near enough make the Sauce thus:

Set on some very good Gravy, add to it a little Effence of Ham, and thicken it with some Cullis.

When the Meat is taken up cut it into thick Slices all together, lay them handsomely in a Dish, and pour the Gravy over it hot; garnish this with Lemon sliced and quartered.

10. *Sweetbreads a la Dauphine.*

Chuse three very large and fine Sweetbreads; this Number makes a very handsome Dish.

Roast a large Fowl, and cut off all the Flesh from the Breast, cut half a Pound of Bacon, Fat and Lean together, in very thin Slices, and mince these extremely small; when these are mixed together put them into a Marble Mortar, put in with them an Anchovy, washed, boned, and cut to Pieces; add some Lemon Peel shred very fine, some shred Parsley, and a little grated Nutmeg.

Beat all these well together in the Mortar, and when they are thoroughly mixed put in as much Yolk of Eggs as will make them a good firm Paste.

This is the proper Force-meat for the stuffing of a Sweetbread.

When it is thus got ready open the three Sweetbreads, stuff them well with it, and then fasten them together with fine small wooden Skewers.

Set on a Stewpan, lay in the Bottom of it some thin Slices of fat Bacon, strew over them a Seasoning of Salt and Pepper, with some bruised Cloves and Mace, and last of all scatter upon them some Slices of Onion cut into very small and thin Slices; lay upon this Seasoning, or rather upon the Bacon thus seasoned, some very thin Slices of Veal, and upon these lay the Sweetbreads; cover the Stewpan close, and set it over a slow Fire ten Minutes.

When

When the Stewpan is set on let there be a Saucepan set on also with a Quart of Broth; this will boil by that Time the Sweetbreads are ready for it, and it must then be poured gently into the Pan; let this be covered up, and set over a very gentle Fire to stew for two Hours.

Then uncover the Pan, and take out the Sweetbreads.

Strain off the Gravy, which will now be very fine, skim off the Fat, and boil it till there is not more than half a Pint left.

When it is thus rich put in the Sweetbreads, let them stew in it five Minutes that all may be hot together, then take them out, lay them regularly in a Dish, and pour the Gravy over them; garnish the Dish with Quarters of Lemon cut thin.

C H A P. XI.

Of Puddings.

WE shall here, as in the former Chapters, add some Receipts for the better Sort of Puddings from long Experience.

A R T. I. *Lemon Pudding.*

Chuse a couple of large fresh and fine Lemons, grate down all the Peel; grate to Powder also two Naples Biscuits, mix these together, then add to them three quarters of a Pound of treble-refined Sugar powdered.

Break twelve Eggs and throw away half the Whites, beat up the twelve Yolks and six Whites, and by Degrees mix with them a Pint of rich Cream and three quarters of a Pound of melted Butter.

When these are well mixed together bring in the Powder by Degrees, and when all is in let it be well mixed.

Cover

Cover a Dish with fine Puff-paste Crust, and put in the whole; send it to the Oven, and give Directions that it be put in when the Heat is moderate. An Hour will do it.

2. *A Sagoe Pudding.*

Pick thoroughly clean half a Pound of Sagoe, pour a Quart of scalding Water upon it, stir it well, and then pour off the Water. Wash it in this Manner three Times, and then put it into a Saucepan; break in two Sticks of Cinnamon, and pour to it a Quart of Milk; boil these together till it is all thick, but this must be done with great Care, for if it be not stirred continually it will burn. When it is thick enough stir in half a Pound of Butter.

Then break nine Eggs, take all the Yolks and five of the Whites, beat them up with a Glass of Mountain and a little grated Nutmeg, pour the Sagoe into a Pan, and mix the Eggs with it.

Pick a quarter of a Pound of Currants, and lay them to plump in hot Water. Sweeten the Sagoe thus mixed with the other Ingredients, then stir in a Glass of Rose-water and a Glass of Sack, and last of all the Currants.

Cover a Dish with Puff-paste, pour in the whole, and send it to be baked. It must have a moderate Oven and good Time.

3. *Millet Pudding.*

Powder half a Pound of Loaf-sugar and sift it, wash half a Pound of Millet, and when it is clean and wiped dry between two Cloths, mix it with the Sugar; mix these with two Quarts of Milk, grate in a whole Nutmeg, and add half a Pound of fresh Butter broke to Pieces; the whole to be well mixed, and it will then be ready for the Dish. Let a Dish be well buttered, and pour it in, send it to the Oven, and let it be baked an Hour and a quarter in a moderate Degree of Heat.

4. *Pearl-*

4. *Pearl-Barley Pudding.*

Wash a Pound of Pearl-Barley in several scalding Waters, then put it into a Pan with three Quarts of Milk, and add half a Pound of Lump-sugar beat to Powder, and a whole grated Nutmeg; send this to the Oven when Bread is to be baked, and let it stand the Time of the Loaves.

Then take it out of the Pan, beat up six Eggs and mix well with it, butter a Dish, and pour in the Pudding; send it again to the Oven for half an Hour, and it will come back in excellent Order, and is a delicate cheap Pudding.

5. *A Batter Pudding.*

Break six Eggs, beat up all the Yolks with half the Whites, add to these a Tea Spoonful of Salt and the same Quantity of powdered Ginger, mix them well together, and then mix in six large Spoonfuls of Flour, and by Degrees a Quart of Milk.

Put this up in a Bag and boil it a quarter of an Hour, and when it is taken up pour plain melted Butter over it, but let it be carefully and well melted.

6. *A Custard Pudding.*

Mix together three Spoonfuls of Cream and one Spoonful of Flour, set on a Pint of Cream to boil, when it boils take it off, pour it into a Bason, and mix the Cream and Flour well with it.

While this is cooling break five Eggs, beat up all the Yolks and two of the Whites, and mix with them a Glass of Sack, a little Salt, some grated Nutmeg, and as much powdered Sugar as will well sweeten the Pudding.

Butter the Inside of a wooden Bowl.

When the Cream is thoroughly cold mix in these Ingredients with it, and then pour all into the Bowl.

Tie a Cloth over it, and boil it half an Hour.

C H A P. XII.

Of Pies.

THE Cook will find, under all these Articles, that there is a great Variety of Things to be done ; and having acquainted herself with doing the plainest first, she will find no Difficulty in the richest of the others.

A R T. I. *Lobster Pie.*

Boil a couple of large and fine Lobsters, and while they are boiling cover a Dish of a proper Bigness with a good Crust.

When the Lobsters are enough break them up, separate the Tail, split it, take out the Gut, and then cut each into four Pieces. Lay these regularly in the Dish.

Break the Claws and pick out the Flesh, open the Body, and pick every thing clean out of that ; chop, break, and mix all this very well together ; grate in a little Nutmeg, season it with Pepper and Salt, and a little Vinegar ; rub the Crumb of a Halfpenny Roll to Powder, and mix with this ; then melt half a Pound of Butter, and work it in.

When all is thus done lay the whole upon the Tails in the Dish and put on a Cover, send it to be baked in a slack Oven, and about half an Hour will be sufficient.

2. *Salmon Pie.*

Lobster is an Ingredient of great Consequence in a Salmon Pie, and the whole is in some Measure of the Nature of the last mentioned, but it is much richer ; make it thus.

First prepare a very good Crust, according to the Directions given under that Head in a former Number.

Then

Then chuse a prime Piece of fresh Salmon, clean it perfectly, and wash it last of all with a Sponge wetted in white Wine; put some Crust round the Dish, but none at the Bottom; only butter the Bottom of the Dish, and then lay in the Salmon. After seasoning it very well with Pepper and Salt grate a little Nutmeg over it, and add two Blades of Mace bruised.

Boil a Lobster, take out all the Flesh, mix that and the Inside of the Body together, melt half a Pound of fresh Butter, and mix all the Lobster perfectly well with it; then put this into the Dish over the Salmon, and then put on the Lid; send it to be baked, and let it stand an Hour in a moderate Oven.

3. *Salt Fish Pie.*

Chuse a fine Side of salt Fish, lay it in Water all Night, and then boil it till it is somewhat tender; take it out of the Water, and lay it on a Cloth.

As soon as it is cool strip off the Skin, and get the Flesh from the Bones. Mince this very fine. While this is doing set on a Quart of Milk with the Crumb of two French Rolls, break the Bread thoroughly in the Milk with a Spoon, and then mix in the salt Fish minced as before directed; stir all very well together.

Melt a Pound of Butter and mix with this, chop very fine as much Parsley as will make two Spoonfuls, and mix this in; grate in half a Nutmeg, and add a little Pepper and three Tea Spoonfuls of Mustard. Mix all these well together, and then put them into a Dish; cover them with a good Crust, and bake it well.

4. *A Soal Pie.*

Clean and skin three good large Eels, boil them in as little Water as will serve for that Purpose, and when they are enough take them up, pick the Flesh clean from the Bones, and throw the Bones into the Water again; boil them well, pepper and salt the Liquor, and reduce it to a quarter of a Pint; it will be then very rich, and strong of the Fish.

Mince the Flesh of the Eel while this is boiling away, make it very fine, and mix with it some Lemon-peel cut very fine, some Pepper and Salt, a quarter of a Nutmeg grated, and some Crumbs of Bread. Wash an Anchovy, take out the Bone, chop the Flesh small and mix with it, then melt a quarter of a Pound of Butter and mix with the whole. Last of all put in a Spoonful of chopped Parsley.

When this Force-meat is made prepare your Crust, cover a Dish well with it, and then put in the Force-meat.

Then chuse three Pair of moderately large Soals, pick the Flesh from the Bones, and lay it upon the Force-meat.

Strain off the rich Gravy of the Eel, and pour that over the whole, then put on the Lid, and send it to the Oven. It will be an excellent and rich Dish.

5. *A Rabbit Pie.*

Chuse a couple of fine Rabbits, take out the Livers, and save them, clean the Rabbits perfectly, cut off the Heads, and the first Joints of the Legs, then lard them well with fat and fine Bacon; season them with Pepper and Salt, a couple of Blades of Mace bruised, and some Leaves of Thyme and sweet Marjoram picked from the Stalks.

Make a good Crust, lay in the Rabbits cut in half, but first garnish the Bottom with scrap'd Bacon; when the Rabbits are in sprinkle upon them a few Chives cut small, and some chopped Parsley; put a Bunch of sweet Herbs with them, and lay over them some thin Slices of Veal, and some large thin Slices of Bacon.

Put on the Top, and send the Pie to the Oven.

While it is baking make Cullis purposely for it, in this Manner:

Cut a Pound of Fillet of Veal into thin Slices, and put with it a Piece of Gammon of Bacon; lay these
in

in the Bottom of a Stewpan, with some sliced Onions and Carrots, and lay the Livers of the Rabbits over them.

Cover the Stewpan, and set it over a Stove with a moderate Heat; when the Livers are soft take them out, and pound them in a Marble Mortar.

Let the other Ingredients remain till they begin to stick to the Pan; then throw in a little melted Bacon, dust in a very little Flour, and pour in a small Quantity of boiling Water; stir it about.

Then pour in some good Broth, and at the same Time put in a whole Leek, a Bundle of sweet Herbs, some Blades of Mace, and three or four beaten Cloves; add some Mushrooms and some Truffles; and last of all put in some Crusts of Bread; let all scimmer together, and so continue it half an Hour.

Then take out the Slices of Veal, put in the pounded Livers, and stir all well about together; when it is well mixed strain it through a Sieve, put it into a Saucepan, and keep it hot, but do not let it boil.

When the Pie comes home open it, take out the Veal, and pour in the Cullis quite hot, put on the Lid again, and serve it up for a first Course. It is a very rich and elegant Dish.

C H A P. XIII.

Side and small Dishes.

WE shall add to the Number we have before described of these some very elegant ones, and such as are not so expensive as to place them beyond the Use of a moderate genteel Family.

A R T. I. *Lobster Patties.*

Boil a couple of Lobsters, get out all the Flesh, and chop and mix it perfectly well together.

Throw

Throw the Shells, the small Claws, and the Spawn, if there be any, into a Marble Mortar, and pound it well.

Then put to it the Crust of a French Roll, pound it again, and pour in a quarter of a Pint of rich Broth; then put it into a Saucepan, pour on a little more Broth, and season it with Pepper and Salt; set it on to boil, let it continue boiling till it is thick, then strain it through a Sieve, and dividing it into two equal Parts, put one half to the Lobsters, and save the other in a Bason.

Squeeze a little Lemon into the Lobsters thus mixed up, add some Pepper and Salt, half an Anchovy, and a Piece of Butter.

Warm all this over the Fire that the Butter may be melted, and all well mixed; then set it by to cool.

Make a fine Crust, and cover the Bottom of some small Patty-pans, then put in the Lobster, and cover it with a Lid; send it to the Oven in Time, that it may be well done, and come home in Time.

When it is come back heat the half of the Gravy that was saved in the Bason, put a Piece of Butter to it, and then take off the Lid of the Pie; pour in this Gravy, then cut the Lid in two, and lay it on again, but let the two Pieces lie at a little Distance that the Lobster may be seen between them.

This is a fine second Course Dish.

2. *Mushroom Patties.*

Get a Quantity of good middle-sized Mushrooms, pick them clean, scrape out the Gills, peel them, and then put them into a Saucepan, with some Pepper and Salt, a Piece of Bacon stuck with four Cloves, some chopped Parsley, a whole Onion, and a quarter of a Pound of Butter.

Put them over a moderate Fire, cover the Saucepan close, and let them stew a little; then open the Saucepan, dust in a little Flour, and cover it up again;

again; shake them about from Time to Time, and take Care that they do not burn.

In some Time the Liquor will be as thick as Cream; then pour all out into a Bason, take away the Onion and the Bacon, and leave the rest to cool.

Make some good Paste, roll it out to the Thickness of a Halfpenny, cover a Tart-pan with it, and then put in the cold Mushrooms; cover it with a Sheet of Paste a little thicker than that at the Bottom, and send it to the Oven in Time.

When it comes home take off the Cover, and squeeze in half a Lemon; put the Cover on again, and serve it up.

There is a very pretty Way of baking Mushrooms in this Manner, but without a Top Crust. For this Purpose all must be done just as before, but, instead of the Cover, spread over the Mushrooms a Coat of brown Rasplings of a French Roll; when this is baked squeeze half a Lemon over it, and then send it up hot.

3. *Patty of Calves Brains.*

Take the Brains clean from a couple of Calves Heads, clean them very carefully, and then scald them; cut some fine young Asparagus Tops, blanch them in a Saucepan with some Parsley and Butter, and boil six Eggs hard, take out the Yolks, mix these with an equal Quantity of Force-meat, and put them to the Brains, then mix the Asparagus with the rest.

Cover a Patty-pan with a Sheet of thin Crust, put in this Mixture, and cover it up, send it to the Oven, and when it comes home raise up the Cover and squeeze in the Juice of half a Lemon; then pour in some drawn Butter and Gravy, and serve it up.

4. *Collops*

4. *Collops and Eggs.*

Cut some very thin Slices of hung Mutton, and broil them carefully, when they are done lay them evenly on a Dish, and set them before the Fire to keep hot.

Have a Stewpan of boiling Water on a Stove, or on another Part of the Fire, break as many Eggs as there are Collops or broiled Slices of Meat, break these one by one into a clean China Cup, and put them into the Water in the Stewpan.

Watch when the Whites begin to harden, and when they are of a good Colour, and look clear, take them out.

Get an Egg-Slice under them one by one for this Purpose, and as they are taken out and drained upon the Slice, lay them one by one upon the Collops, one Egg on each.

This is the proper Way of eating Eggs and Bacon also, the Eggs being poached, and the Bacon broiled in this Manner.

5. *Salmagundy.*

Pick and wash three good Dutch Lettuces, cut them as fine as Threads, and lay them at the Bottom of a Dish.

Cut the Flesh from the Breasts of a couple of roasted Chickens; it must be cut into Slices as long and broad as one's Finger, and not thicker than a Shilling; spread these carefully over the Lettuces in regular Circles, leaving Spaces between them.

Wash and bone half a dozen fine Anchovies, cut each into eight Pieces, and lay these regularly between the Slices of Chicken.

Then cut the Legs of the Chickens into small square Pieces like Dice, and cut a good Lemon into square Pieces in the same Manner.

Boil four Eggs hard, take out the Yolks, mince them, and mix with them some chopped Parsley and four Anchovies minced very small.

Boil

Boil some Onions, as big as Walnuts, till they are very white and tender.

Then pile up the minced Anchovy and Egg in the Middle of the Dish like a little Sugar-Loaf, lay the Onions round it, and lay others thick round the Edge of the Dish.

When all is thus done, mix some Oil and Vinegar very well, beating it up with Salt and Pepper, and pour it carefully over the whole Dish, then serve it up.

It is not only very soon ready for eating, but makes a pretty Appearance: There is as much Nicety of Hand shewn in dressing up a Salmagundy as in any Thing.

6. *Petit Patties with Carrot.*

Mince the Kidney of a Loin of Veal, and as much of the Fat about it as is equal to its own Weight; mince some boiled Carrot very fine, and mix with this.

Mince the Yolks of two Eggs boiled hard, and grate in a quarter of a Nutmeg, strew over some Pepper and Salt, with a very little beaten Mace, and then some Sugar.

When all these are perfectly well mixed together cut a very large and fine Seville Orange, and squeeze the Juice carefully all over them; if any of the Seeds fall in take them out; roll this up in Puff Paste Crust, and fry it in Lard. This Quantity will very well make four Patties.

S E C T. III.

Of CONFECTIONARY.

C H A P. I.

Of Creams.

WE have many elegant Things to add under this Head, and shall give some in every Return of this Chapter.

A R T. I. *Steeple Cream.*

PUT into a large Stone Bottle five Ounces of the finest large Hartshorn Shavings, and two Ounces and a half of clean and thin Shavings of Ivory, two Ounces of Gum Arabick, and an Ounce of beaten Ifinglafs; fill up the Bottle with Water nearly to the Topp, stop it, and tie it over with Leather.

Set on a large Pot of Water, with a Wisp of clean Straw at the Bottom; put the Stone Bottle into the Pot of Water, and let it boil.

Keep the Pot upon the Fire six Hours, supplying more boiling Water as it wastes, and keep it boiling all the Time; then set it off to cool, take out the Stone Bottle, and when it is perfectly cold open it.

Blanch a Pound of sweet Almonds, and beat them to a Paste in a Marble Mortar; mix with this Paste a Pint of rich Cream.

Strain off the Liquor in the Bottle, and it will be a thick Jelly.

Mix the Cream and Almonds with a Pound of the Jelly, and set them together over the Fire till they are scalding hot; when this is done sweeten it to the Taste with very fine Sugar, add a few Drops of Essence of Ambergrease, and pour it into some high Jelly Pots, broad at the Top and narrow at the Bottom. When it is cold it will be firm, and so fit to set upright in a Dish, where it will resemble a Sugar-Loaf or a Steeple. Lay some whipp'd Cream cool about the Steeples, and they make a very pretty Appearance.

2. *Almond Cream.*

Set on a Quart of rich Cream in a clean Saucepan, put into it a Blade of Mace, and a Piece of Lemon Peel, grate in a third Part of a Nutmeg, and sweeten it to your Taste.

Blanch a Quarter of a Pound of sweet Almonds, and beat them to a Paste; add to them in beating

two Spoonfuls of Rose Water, and one Spoonful of Orange-Flower Water.

Break nine Eggs, separate the Yolks for other Uses, beat up all the Whites, and mix them with the Almonds; beat all well together, and rub the whole through a coarse Hair Sieve.

Mix all together with the Cream, and set it over the Fire, stir it only one Way, and let it boil; then pour it off into Cups, Dishes, or Glasses, and serve it up: It looks very pretty, and tastes very agreeably.

3. *Sweet Cream.*

Put into a Saucepan a Pint of Cream, sweeten it with double-refined Sugar powdered, grate in a little Nutmeg, and add two Spoonfuls of Orange-Flower Water.

Break four Eggs, beat up all the four Yolks and two of the Whites, and add to them a Glass of Sack; mix this with the Cream, and then set it over the Fire till it is thick, stirring it only one Way.

When it is enough pour it into Cups.

5. *Ratafia Cream.*

Break five Eggs, beat up the Yolks with some cold Cream, and with a large Spoonful of the finest Sugar powdered.

Set on a Quart of thick Cream in a Saucepan, and put on six Laurel Leaves; when it has once boiled up throw away the Leaves, and put in the Eggs beat up as already directed; stir all together, and keep it hot some Time, but without letting it boil, and observe to stir it only one Way, and when it is thick enough pour it into Cups or China Bowls for the Table.

5. *Moonshine.*

As the Shape and Appearance is of great Consequence in this Dish, Care must be first taken about that: Some Tin Moulds must be made for this Purpose, or Copper ones tinned all over: They will cost no great Matter, and will last for ever.

One of these, which is the Principal, must be of the Shape of a new Moon, and as deep as a half Pint Bason, but without any Bottom; another must be made in the Shape of a large Star with its Rays, and there must be two or three lesser Stars.

This will be sufficient, and it is very well worth while to have them in every genteel Family.

Chuse a couple of fine Cali's Feet, clean them, set them on in a Gallon of Water, and boil them gently till there is but about a Quart left.

Then strain this off, skim away the Fat, and it will be a strong Jelly.

Separate this into two Halves, sweeten one half to your Palate, and beat up the Whites of four Eggs, put them in, and set it over the Fire till it boils.

Strain it off, and repeat this again and again through a Jelly-bag, till it is perfectly clear.

While this is doing blanch an Ounce of Almonds, beat them to a Paste in a Marble Mortar, with a Spoonful of Rose Water, and the same Quantity of Orange-Flower Water; squeeze this through a coarse Cloth, and mix it with the Jelly.

Set it over the Fire again, stir in three large Spoonfuls of rich and thick Cream, and let it stand on the Fire till it boils.

Prepare the Dish it is to be served up in, lay the half Moon in the Middle, the great Star in the Hollow between its Points or Horns, and the small Stars round it; put some Pieces of Lead upon the Moon and Stars that they keep flat upon the Bottom of the Dish, and pour in the Jelly, which is by this Mixture made into a Kind of what the French call Blanc Manger.

When this is quite cold take out the Things, and the Blanc Manger will retain the Shape, and stand very firm in it.

Then set on the half of the Jelly that was saved to heat, put into it half a Pint of Mountain Wine, and the Juice of three Lemons, and sweeten it with the finest Sugar powdered.

Break eight Eggs, and beat up the Whites with a little of the Jelly, pour them in to the rest. and let it all boil; when all is well mixed stir it once together, and pour it into a Jelly-bag; strain it over and over till it is perfectly fine, and then pour it into the Dish.

There will be Spaces between the Moon and Stars where the Moulds stood, these will be filled up by the Jelly, which, as it cools, will become very near as stiff as the other, and the Variety of Colour will shew the Shapes of the Moon and Stars very prettily.

It is one of the handsomest Dishes that can be brought to a Table, and is excellent in its Kind.

6. *The floating Island.*

This is a very elegant Dish, in which the Appearance is to be consulted, the Eye being extremely pleased with it when well made, as well as the Palate.

Mix together a Quart of fine thick fresh Cream with a quarter of a Pint of Sack, and two large Spoonfuls of treble-refined Sugar powdered; grate in some Lemon Peel very fine, and mill this all together till it comes to a fine Froth.

Set a large China Dish upon the Table, and set in this a Glass Dish of such a Size as to stand conveniently within it.

Pour away the thin from under the Froth into this Glass Dish.

Cut the Crumb of two French Rolls into thin Slices, and lay them evenly as possible upon the Cream in the Glass Dish.

Upon these put Currant Jelly to cover them entirely, but not to lie very thick upon them.

On the Currant Jelly lay another Layer of very thin Slices of Bread, and upon that lay some Hartshorn Jelly, in the same Manner as the Currant Jelly was laid on the former.

Upon this lay another Covering of thin Slices of Bread, and upon that the Froth of the Cream well milled, and let it rise as high as it can.

This

This done, lay Sweetmeats round the Edge of the Dish.

The whole Mass will hold tolerably well together, and will move about upon the Cream in the Glass Dish.



S E C T. IV.

Of PICKLING.

THE Season of the Year is not yet come for doing a great deal in this Way, but as we shall advise the accomplished Housekeeper to seize every Opportunity of adding to her Store-room, and of keeping her Hand in Use, we shall find her some Employment in this early Month, and enough in the following.

A R T. I. *Pickled French Beans.*

French Beans make a very pleasant Pickle, and one that is very agreeable to the Eye. They never have so good a Colour as when they are done young, therefore this is a Season for doing them finely.

Get a Peck of those fine, young, and tender French Beans, that are to be had at this Time of the Year, throw them into four or five Pans of cold Water one after another, stirring them about with the Hand, that they may be perfectly clean.

Then cut off both Ends, and string them, but do not split or cut them any Way beside.

When they are thus prepared put them into a Stone Jar, and pour upon them as much Brine as will cover them: This Brine must be made of very clear Water, by putting into it as much Salt as will make it bear an Egg; this must be boiled up once, and then strained through a Flannel Bag, and poured upon the Beans hot.

Tie

Tie down the Jar, and let them stand thus four and twenty Hours.

Then take them out, strain off the Brine, and dry the Beans between two Cloths.

Wipe out the Jar, and put into it some young Fennel, then put in the Beans again, and prepare the Pickle thus :

Mix together three Quarts of good Vinegar and one Quart of Spring Water, or so in Proportion for any Quantity that shall be sufficient to cover the Beans; put in some Bay Salt to give it a Relish.

To a Gallon of the Pickle put a Nutmeg cut into Quarters, four Blades of Mace, a quarter of an Ounce of Cloves, a Spoonful of whole Pepper, and a couple of Races of Ginger shred; boil these up together in an earthen Pipkin, and pour them boiling hot upon the French Beans in the Jar; cover this up, and let it stand thus two Days.

At the End of that Time pour off the Pickle into a Pipkin, and boil it once up; when it boils pour it into the Jar again upon the Beans, and two Days afterward do this again; let them now stand till they are perfectly cold, and then cover them over with a Bladder well tied down, and over that with a Leather, which must be tied down carefully also. This compleats them, and they will be very delicate.

2. *Pickled Lemons.*

Chuse half a dozen fine middle-sized Lemons, fresh and perfectly sound, scrape the Outfides of them with a Piece of a broken Quart Bottle, and then cut them lengthwise down into four Quarters, but not quite afunder; they must be left so as to hang just together.

Rub these over with Salt on the rough Outside, and fill the Cuts with Salt in the same Manner; put them into an earthen Dish that will just hold them, sprinkle some more Salt over them, and turn them once a Day; let them lie thus four Days.

Cut

Cut an Ounce of Ginger into thin Slices, and par-boil twelve Cloves of Garlick, add to these a Handful of Mustard-feed, and as much Cayon Pepper as will lie upon a Shilling; sprinkle some Salt among these, and let them stand all the Time the Lemons are in the Pan.

Then have a clean Stone Jar ready, take out the Lemons one by one, squeeze them a very little, and lay them carefully in the Jar; lay in the Spices all about them and among them, pour in as much of the best white Wine Vinegar as will thoroughly cover them, and tie them close down; let them stand a Month, and they will be fit to eat.

This is a very particular Pickle, but there are some People very fond of it.



S E C T. V.

Of DISTILLERY.

WE have in general directed the Housekeeper in such a Manner in the Management of the Stills of various Kinds, that she will not be at a Loss to make the very nicest, richest, or finest Waters that can be ordered. Nothing is more creditable to keep in a Family, and nothing more serviceable; we shall therefore add here some Receipts for the principal of them, from approved Trials and repeated Practice.

A R T. I. *Lady Allen's Water.*

Take Senicle, Scalions, Saint John's Wash, and Mugwort; Tormentil Roots and Leaves, Vervain, Betony, and Celandine; Dragons Rosa Solis, Rosemary, Rhue, Mint, Balm, and Sage; Angelica, Mary-golds, Columbines, Wormwood, Borage, Pimpernel, Spleenwort, Burnet, Agrimony, and Carduus, of
each

each two Ounces, cut them all very fine, and chop and mix them together.

Mix together a Gallon of Milk and a Quart of white Wine, turn it thoroughly, then take off the Curd, and put the Whey into a Still.

Put in the Herbs, and stir them all well together; let it heat gradually till it is just ready to boil, taking off the Head of the Still, and frequently stirring all about; then pour in a Quart of Brandy, and fasten down the Head of the Still. Draw off two Quarts.

This is an excellent Cordial, and sweet. Let the Patient take a Glass of it going to Bed when he has a Cold, and cover himself warm; it will throw him into a Sweat, and prevent a Fever.

A small Glass of it is also very good for any one who is going into any Place where he suspects there is a bad Air.

2. *Lady Hewet's Water.*

This is made of Lady Allen's Water, with the Addition of several excellent Ingredients, without any fresh Distillation. These Waters were so much esteemed that many People who could not get the right Receipts made them at their own Pleasure, and called them by these excellent Ladies Names; but the true Receipts are given here. They are taken from the Family Book in Lady Hewet's own Hand Writing, which cannot be liable to any Mistake*. The Receipt is this:

Put into a Quart of Lady Allen's Water twelve Grains of Musk, ten Grains of Ambergrease, and fifteen Grains of Bezoar finely rubbed together in a Mortar, then put in one Dram of prepared Coral, one Dram of the Flower of Pearl, and half a Dram of the Flower of Amber; add half a Pound of white Sugar-candy beaten to Powder, four Leaves of Gold,

* This Book being purchased among Mrs. Bradley's Papers, is now in the Hands of the Publisher, where the Curious may see it.

and forty Grains of Saffron ; shake all this well together, and stop it close.

This is as high a Cordial as it is possible for the Art of Man to make ; it is a powerful Sweat, and is good in Convulsions, and in rhumatick Fevers ; one Dose of it, which is two large Spoonfuls, will frequently cure a Fever ; it occasions a plentiful Sweat, after which the Patient falls into an easy Sleep, and when he wakes he finds himself refreshed in such a Manner as is hardly to be conceived.

3. *Red Poppy, or Surfeit Water.*

Pick very clean half a Bushel of fresh-gathered red Poppy Flowers, and put them into three Gallons of fine French Brandy, cover up the Pan into which they are put, and let them stand two Days and two Nights steeping, then strain off the Liquor.

Put into this Liquor two Pounds of Figs cut into thin Slices, and two Pounds of Raisins of the Sun stoned and chopped, add to these four Ounces of fresh Liquorice Root scraped clean, and then beaten out into Threads, three Ounces of Anniseed beaten small, and half a Pound of brown Sugar-candy.

Shake all well together, and set them in the Sun for six Days, then strain off the Liquor, and bottle it up for Use.

This is a very rich Tincture of Poppies rather than a Water, for it is not distilled ; but as it is usually called red Surfeit Water, and is much esteemed in Families, we thought it proper to give the Receipt in this Place, which is also taken from the Lady Hewit's Book. It is a Cordial and a Sweat : A Glass of it drank at any Time when a Person is disordered by a Cold, or has an Oppression at the Stomach, is very fine : It is also good against a Pain in the Side, and to throw out the Measles, or Small Pox, or any other Eruption ; but then it must be given in small Doses, and often repeated.

In these last Cases two Spoonfuls should be given at a Time, and the Person keep in Bed and favour the Sweat whereinto this Medicine will be sure to throw him.

It may in the same Manner be given to Children, but then a Tea Spoonful is a Dose, and it is a very safe Medicine.

4. *Royal Water.*

Take Scordium, Carduus, Gumander, and Goats-rhue, of each two Handfuls; Citron and Orange Peel dried, of each two Ounces; if Citron Peel cannot be had Lemon Peel will do as well; the Seeds of Citron or Lemon, of Carduus and of Hartwort, and the Flowers of Marygolds and Rosemary, of each one Handful; cut the Herbs small, and pound the other Ingredients in a Mortar till they come to a Sort of coarse Powder; put them into a Glass Vessel, and pour upon them a Quart of Carduus Water and a Gallon of Brandy; set it in the Sun for a Fortnight, well stopp'd up, and shake it frequently, then put it into the Still, and draw off a Gallon.

This is a very fine Cordial, and is good for Sickness of the Stomach and Giddiness in the Head; it also operates as a Sweat, and by that Means will frequently cure a Fever in the first coming on before it has got to a Head.

5. *Snail Water.*

Put into a Still four Gallons of French Brandy; cut to Pieces the following Ingredients: Celandine, Betony, Agrimony, Woad, Bearsfoot, Rosemary, Angelica, Dragons and Barberry Bark, of each two Handfuls.

Put these into the Still, and stir them thoroughly about with the Brandy; then add Burdock Root an Ounce, Cloves an Ounce, Turmerick an Ounce, and Saffron a quarter of an Ounce; let these be sliced and bruised together, and put to the rest in the Still, once more stirring all well about.

Then put in half a Pound of Hartshorn Shavings, a Peck of Snails, a Quart of Worms, and half a Peck of Wood Sorrel.

Put in a Gallon of Water, stir all well about again, and draw off four Gallons of the Water. It is a great Cordial.

6. *Lemon Water.*

Put a Gallon of French Brandy into a large, wide-mouthed Glass, and put into it the Rinds of twelve fine Lemons, and shake it up together; stop up the Vessel, and shake them well again; let them stand two Days, frequently shaking the Glass, and then pour them into the Still; add a Quart of Water, and six Grains of Musk tied up in a Piece of Muslin.

Distil a Gallon, and put in three Ounces of powdered white Sugar-candy, with a quarter of a Pint of Rose Water, and the same of Orange-Flower Water.

This is a very pleasant Cordial, and strengthens the Stomach.

7. *Aqua Silenæ.*

Take Cloves and Nutmegs of each an Ounce, Cinnamon and Jamaica Pepper of each two Ounces; put these into a Mortar, and bruise them thoroughly: Put into a Still three Gallons of Brandy, put in two Quarts of Water, and draw off three Gallons.

Sweeten this with two Pounds and a half of the finest Sugar, and tinge it with Cochineal to a fine crimson.

Saunders Wood may be used instead of Cochineal, but it is not so well.

This is the plain Aqua Silenæ. It is a fine Cordial, much of the Nature of the Aqua Mirabilis kept by the Apothecaries. We shall shew in the next Receipt how it is to be made the rich Way.

8. *Rich Aqua Silenæ.*

Distil the plain Aqua Silenæ as ordered in the foregoing Receipt, and add to it, besides the Sugar and Cochi-

Cochineal, two Drams of Effence of Ambergrease, and half an Ounce of the finest Saffron.

Some make their rich Aqua Silenæ by putting these Ingredients into the Still with the rest, but they have ten Times the Effect when they are added afterwards, and the Saffron also enriches the Colour.

This Way made it is an excellent Cordial, good in Lowness of Spirits, and as a Sweat in Fevers.

S E C T. VI.

Remedies for various Diseases.

A R T. I. *For a sour Humour on the Stomack.*

TAKE fine white Chalk an Ounce, the finest Sugar three quarters of an Ounce, let these be rubbed to Powder, and add to them two Drams of Powder of Gum Arabick; when all these are well rubbed together put them to a Quart of Water in a large Bottle, and shake it well up.

The Dose is a large Spoonful at a Time.

It cures the Heartburn, and it is good in Coughs rising from a sharp, tickling Rheum.

If one Dose does not cure the Heartburn let the Patient take another, and so go on till he is well.

When Asses Milk curdles upon a Person's Stomach, a little of this put into it is sure to prevent that Accident; and it mixes very well with it, without giving it any bad Taste.

There is no Way so good to give Chalk; and the fittest for this Use is what the Druggists keep levigated in little Lumps, or else what is taken out of the Chalk Eggs found in the Chalk Pits of Kent and other Places.

These

These are Sea Hedgehog Shells full of Chalk, of the Bigness of a large Egg; and the Chalk that is in them is always of the finest Kind, and perfectly pure.

2. *For Hyfterick Fits.*

Put twelve Grains of Musk in a Mortar, and grind it well with a quarter of an Ounce of the finest powdered Sugar.

Take half a Pint of Damask Rose Water, and mix it by Degrees with the Musk and Sugar. When all is well mixed it is fit for taking.

Some put only a Gill and half of Rose Water to this Quantity, but upon Trial that is too strong.

A Wine Glass of this is to be given at a Time in Hyfterick Fits.

When the Complaint is removed, a good Glass of it should be taken to prevent Returns.

3. *For Difficulty of breathing.*

Pick out some very fine and clean Gum Armoniacum, beat an Ounce and half of it to fine Powder, and grind it well with a little Hyssop Water; add more till there is a Quart got in, and then pour it out of the Mortar into a large Bottle, leaving the thickest of the Settlement behind; add to this an Ounce of Oxymel of Squills, and half an Ounce of the Asthmatick Elixir.

This is excellent against all Difficulties of breathing. It cuts tough Phlegm, and nothing is more useful to such as are husky in a Morning.

It is famous in Asthmas, and in all Cases where the Passages are obstructed with a tough Phlegm.

The Dose is two Spoonfuls going to Bed and early in the Morning.

4. *For Nervous Disorders in general.*

Take Pennyroyal Water four Ounces, Hyfterick Water two Ounces, Tincture of Castor two Drams, volatile Salt of Hartshorn ten Grains, white Sugar six Drams; mix all together.

It

It is good in all Hyſterick and Nervous Caſes. The Doſe is a ſmall Wine Glaſs, and it may be repeated two or three Times a Day, as there is Occaſion. It is good againſt Obſtructions, and answers excellently in thoſe Diſorders to which many Women are ſubject from thoſe Complaints.

5. *Againſt Faintings.*

Take Milk Water four Ounces, Plague Water two Ounces, Tincture of Saffron and Sal Volatile Oleoſum of each two Drams, and fine Sugar in Powder half an Ounce.

The Doſe of this is three Spoonfuls, and it is of excellent Service in Fevers, where the Spirits are low, and the Patient is weak and fainting. It answers excellently alſo in any occaſional Faintneſs and Diſorders of the Head.

6. *Againſt Purgings in Fevers.*

Put into a Saucepan an Ounce of burnt Hartſhorn and three Pints of Spring Water, boil this to a Quart, pour it off, and add to it Cinnamon Water an Ounce, Sugar two Drams; ſhake all well together.

This is very uſeful when Purgings come on in Fevers, and may be drank a quarter of a Pint at a Time warm, at Diſcretion. When there is Occaſion to have it ſtronger, the following may be given in the ſame Manner, but Care muſt be taken leſt this check too ſuddenly.

7. *Againſt violent Purgings.*

Boil Hartſhorn and Water as in the former Receipt, and when it is done add to the Quart half an Ounce of Diaſcordium made without Honey.

Let the Patient take four Spoonfuls of this three Times in the Day, always taking it juſt after a Stool, till it abates.

8. *Againſt*

8. *Against Spitting of Blood.*

Take Comfrey Root and Eryngo Root of each half an Ounce, Spring Water three Pints ; boil this well ; when it has boiled some Time put in two Ounces of Conserve of red Roses, and boil it till there is a Quart left, strain this off, and drop in forty Drops of sweet Spirit of Vitriol.

A Gill of this is to be drank twice a Day.

Beside being excellent against Spitting of Blood, it is very serviceable to allay the Heat and Thirst in Hectick Fevers, and is a very good Medicine in Consumptions, when they are not advanced too far. It is best, when the Patient is in a very weak Way, to take it warm.

9. *Against the Gravel.*

Cut into thin Slices two Ounces of Burdock Root, boil it in three Pints of Water to a Quart, and then strain it off ; add a Dram of vitriolated Tartar, and two Ounces of Syrup of Marsh-mallows.

This is to be taken a quarter of a Pint at a Time twice or three Times a Day, and it is an excellent and powerful Medicine.

Beside bringing away Gravel and small Stones, it is excellent in the Rheumatism, and will do great Service in the Gout.

'Tis also good against Spitting of Blood.

10. *A Clyster for the Bloody-Flux.*

Make some strong Starch, such as is used in Washing, take four Ounces of this warm, and mix with it half an Ounce of Linseed Oil cold drawn, and twenty-five Drops of Liquid Laudanum. Give it as a Clyster, and let it be repeated if there be Occasion, but not oftener than once in a Day.

It is of excellent Service not only in Bloody-fluxes, but in all sharp Humours that happen to fall upon the Bowels ; it softens, heals, and takes off the Pain in a Manner almost miraculous.

11. *For the Jaundice.*

Take a Handful of great Celandine Leaves and Roots, an Ounce of Turmerick, and an Ounce of Madder; put these into three Pints of Water, and boil them to a Quart.

Strain this off, and let it stand to be cold.

Bruise two hundred Millepedes or Wood-Lice, and squeeze out their Juice, put this to the Decoction, and add two Ounces of Syrup of Marshmallows.

A quarter of a Pint of this is to be taken twice a Day till the Person is cured; for this very seldom fails of Success.

12. *Against the Rheumatism.*

Take Raspings of Guaiacum Wood two Ounces, Raisins of the Sun stoned an Ounce and half, Spring Water three Quarts; boil it to three Pints; toward the End of the boiling add an Ounce of Sassafras Shavings, and half an Ounce of Liquorice Root beaten; when it has boiled some Time with these take it off, let it stand till cold, and then strain off the Liquor.

This should be taken half a Pint at a Time, twice a Day, for a considerable Time. It sweetens the Blood, and operates by Sweat and Urine. It was at one Time esteemed a sovereign Remedy for the Venereal Disease, but at present we have more efficacious and speedy Remedies.

13. *Against Coughs.*

Put into three Quarts of Water an Ounce of French Barley and an Ounce of stoned Raisins, four good Figs, and half an Ounce of Liquorice Root beaten; boil this to two Quarts, and, toward the End of the Time when it is boiling, add half an Ounce of the Root of Florentine Orrice, and of the Leaves of Harts Tongue and the Flowers of Colts-foot each an Ounce; when the boiling is finished

strain it off, and let the Patient take a quarter of a Pint of it warm three Times a Day.

It softens sharp Humours, and gives great Relief in Coughs of all Kinds.

It is also serviceable in the Gravel and in Pleurifies.

It may be given very properly also in the Small Pox and Measles; softening the Mouth and Throat, and throwing out the Eruptions.

14. *Against a Dropsy.*

Cut into thin Slices an Ounce of the Sennecca Rattlesnake Root, boil it in a Pint and half of Water to a Pint, and add to this an Ounce of Syrup of Marshmallows.

Let the Patient drink a Wine Glass of this twice a Day.

It works very powerfully by Urine, and is excellent in the Beginning of a Dropsy, as also in Pleurifies, and many other Disorders.

The Root from which it is made is to be had at the Druggists. It has but lately been brought into Use in Physick in England, and it seems now in a Way to be neglected, though a good Drug.

15. *For inward Bruises.*

Take of Ground Ivy Leaves picked from the Stalks, and of Plantain Leaves, each half an Ounce, Spring Water three Pints, boil it away to a Quart, and then add an Ounce of white Sugar.

The Patient is to take a quarter of a Pint three Times a Day warmed.

It is very healing, and somewhat restraining, so that it will stop inward Bleedings.

S E C T. VII.

Of the Disorders of Cattle, and their Remedies.

THESE we shall here, as in the preceding Months, arrange under several Heads, according to the Creatures subject to them, and shall lay down nothing as a Cure for which we have not Experience and Practice.

C H A P. I.

Of the Horse.

WE shall under this Head consider the great Importance of this Animal for Use as well as Pleasure, and treat of his several Disorders, from the most common and easy of Cure to the most difficult and rare; in all Cases paying Regard only to such Remedies as have been tried by the most judicious Farriers, and found successful.

A R T. I. *For a Horse that is sick at the Stomach.*

A Glut of Provender, or some new Kind to which a Horse is not used, will often take an Effect upon his Stomach of very dangerous Tendency: This will be first seen in his loathing his Food, and afterwards by his casting up his newly-eaten Meat by the Way of vomiting.

A Change of Water will sometimes occasion the same Accident also.

The first Thing to be examined is, which of these is the Cause; and which soever it prove to be, that

must be removed before there can be any Hope of Success from Medicines of any Kind; because if the Creature went on in the Way that occasioned his Disorder, his Food and Drink would be renewing it as fast as the Medicines could cure it.

When he is brought to his usual Diet and Drink, one of the two following will prove a certain Remedy.

Mix half an Ounce of Diapente in a Quart of good Ale, and give it to him warm; repeat this every Morning for three Days, and be careful that he have the best Hay and other Provisions.

If this do not restore him, put an Ounce of Salt of Tartar into a Pint and half of Vinegar, and when it is dissolved add to it a Quart of Mint Water; divide this into four Parts, and give him one every Morning and Evening.

During the taking of this Medicine he must be fed with Moderation from the Hand, and in the following Manner:

He must be kept fasting an Hour before and three quarters of an Hour after the Medicine; then give him a good Piece of Bread, and after that a Lock of very sweet and fine Hay; and let his Drink be the purest River Water a little warmed.

Thus he is to be fed carefully and sparingly, and while he is not eating a Bag is to be hung at his Nose, in which is to be put a large Piece of brown Bread fopp'd in Vinegar; the Vapour of this will strengthen his Stomach and assist the Power of the Medicines.

Thus he will certainly be cured, and he must be fed with more Care than usual to prevent a Relapse.

2. *Of the Hungry Evil.*

This is a Disorder just the contrary of the former; it is common to our own Species as well as to this Creature. In Men it is called a Canine Appetite.

When a Horse has this Disorder he eats a monstrous Quantity of Food, and it does him no good.

He

He will be found to have it by his violently snatching at his Meat, and greedily swallowing it without chewing.

The Cure is this: Boil a Gallon of Milk and let it stand to be near cold, then stir in a Pint of fine Flour and a Quart of Sallad Oil; divide this into four Doses, and give him one every Morning.

After he has taken the Medicine, directly offer him Food, and he will not be so fond of it.

If this does not succeed the same Medicine must be given twice a Day, and then it very rarely fails. It is in that Case to be given in the following Manner: One Dose is to be given as before directed in the Morning, and he is to have some Meat just after it; then he is to be kept without any Food five Hours; in this Time he will grow very hungry; and then, instead of giving him Food he must have another Dose of the Medicine; just after that he is to be offered Food again, and repeating this for three, four, or five Days, will certainly cure him.

After this he must be watched, for it is a very natural Thing for him to relapse; and when the least Tendency to that is observed he must have one Dose more of the Medicine, which seldom fails to prove a final Cure for the Disorder.

3. *Of Obstructions in the Liver.*

Horses are very subject to Obstructions in the Liver, which make them pine and grow thin, and afterwards swell, and in the End are mortal.

The Disorder is known by the Horse's looking poor, his Eyes at Times yellow, and his Head continually turned in a moanful Way to the Body.

In this Case his Water is to be tinged in the following Manner: Boil a Pound of long Birthwort Root and half a Pound of Turmerick, both bruised in a Mortar, in a Pot full of Water till there is but a Gallon left, strain this off, and put a little of it into his Water at first, afterwards increase the Quantity,

tity, for being used to the Taste by Degrees he will bear it at last to be very strong, and yet drink it freely; this is to be continued till he is well, and the stronger his Water is made with it the sooner that will be.

4. *Of Purging and Bloody-Flux.*

This is a Disorder into which Horses fall from bad Water and sour Food, and sometimes from too hard Labour; it begins with the Stools being very thin, and as it continues they grow bloody, and at last, if proper Care be not taken, the Horse will void in a manner clear Blood.

The Remedy is this: Gather a large Quantity of Yarrow, the same of Shepherds Purse, and a Pound of Comfrey Roots; boil these, being first chopped small, in two Gallons of Water to a Gallon, press this out hard, and divide it into four Doses; give him one of them warm, with a quarter of a Pint of red Wine, every Morning, and let him eat a good Quantity of Beans among his Food.

If this fail after three Doses, make such another Quantity, and boil among it three quarters of an Ounce of Roach Allum. Give this as the other.

C H A P. II.

Of Oxen and Cows.

A R T. I. *Of Cattle's declining their Food.*

OXEN and Cows, as well as Horses, will sometimes take a Dislike to their Food, and in consequence they will grow thin, sickly, and weak, and their Hair will often fall off in great Quantities, and what remains on will change Colour.

In this Case give the following Medicine:

Pound in a Mortar four Ounces of Shavings of Ivory, add to it three quarters of an Ounce of Myrrh
in

in Powder, and when these are well mixed, work them up with as much Butter as will be sufficient to make the whole into a Paste; divide this into three Lumps, roll them up as Balls, and give one of them every third Morning, giving after it a Pint of warm Mint Water, with a Gill of red Wine and a Lump of Sugar.

2. *Of Cattle that are Hide-bound.*

Large Oxen, in Countries where they work them instead of Horses, are very subject to this Complaint from over Labour, and in other Places they sometimes fall into it from Neglect or bad Pasture.

Whichsoever be the Occasion, the Remedy is this :

Let the Ox be first blooded.

Then mix together half an Ounce of Bay-Berries in Powder, and a quarter of an Ounce of Powder of Myrrh, brew these up in a Quart of warm Ale, and give it to the Beast every other Morning; let him be kept quiet, and fed with good Hay, and after four Doses of the Medicine let him be turned into a good Pasture.

His Skin will soon grow loose, and he will get into Flesh, and thrive.

3. *Of Disorders of the Lungs.*

Oxen and Cows are subject to Disorders of the Lungs as well as human Creatures, and they generally arise from the same Cause, sudden Cold after violent heating.

A Beast is known to be thus disordered by its panting, breathing hard, or coughing.

The Remedy is this: Take a Pint of Tanners Ooze, a Quart of new Milk, and a quarter of a Pint of Sallad Oil, dissolve in these an Ounce and half of brown Sugar-candy, and give it to the Creature in a Morning before it eats any Thing, for three Days; upon the third Day give before it a Ball of Tar and Butter;

Butter ; keep the Creature warm, and it generally makes a complete Cure, and without much Danger of a Return.

C H A P. III.

Of Sheep.

A R T. I. *Of the Red-water.*

THIS is a very fatal Disease to Sheep, but if taken in Time it is not difficult to cure.

First let the Sheep that have it be separated from the others, and then let each of them be blooded pretty largely ; then give the following Medicine :

Bruise some Rhue and Wormwood, equal Quantities of each, and to so much of these Ingredients as will yield a Quart of Juice add a large Handful of live Wood-lice.

Squeeze all strongly out, and give half a Pint at a Time for four Days, in the Morning.

The bleeding should be in two Places, between the Hoofs and under the Tail.

2. *Of the Pimple Evil.*

This is a Disorder in Sheep, which consists in a great Multitude of red Pimples rising on the Skin. It is also called the Pox.

It is an infectious Disorder, and therefore the first Thing to be done is to separate the Sheep that are afflicted with it from the rest, that it do not spread among the Flock.

The Cure is this : Boil the Roots of Milkwort in Water, and add some Milk to it.

Give half a Pint of a pretty strong Decoction of this every Morning.

Cut a good Quantity of Rosemary Tops, and boil them in Vinegar till the Vinegar is very strong of them ; then wash all the Places where the Pimples are

are with this two or three Days together; when this Course is over turn out the Sheep into a Pasture, and they will be well, and may mix with the others in a Week.

S E C T. VIII.

Of the Management of a Garden and Orchard.

THIS is not quite so busy a Month as the last for the Garden, but a great deal may be done in it. We shall in this, as in the preceding Months, separate the Work under three Heads, as it regards Trees, eatable Plants, and Flowers, and shall give the Reader under each Head his proper and full Directions.

C H A P. I.

Of Trees.

THE Gardiner now is to put the last Hand to his Fruit Trees to prepare them for the Summer's Service. The pruning and nailing, if any Part of it be defective, must be supplied and finished, and this must be done where needful with a very tender Hand, for it is a Season too far advanced for such Operations.

Let him now, for the last Time, look carefully over his Trees, and see if there be any dead Wood that escaped his Eye before; if he find any, let it not stand to burden the Tree and disgrace his Care, but let him with a sharp Knife and a steady Hand cut it out.

All that is required now for these is to have them undisturbed; let him guard them from Injuries, and feast his Eye with the daily Observation of the Fruits Nature is preparing.

For such Trees as have been planted this Spring, or the Autumn before, some Care is required, that they do not suffer by the growing Heat.

If the Season be dry they must be sometimes watered, if not there needs none of this Trouble, Nature doing the Business much better than Men can.

Let a Heap of Stones be laid round the Bottom of every new-planted Tree: This answers two Purposes; the one is keeping the Earth moist about the Roots, and the other is keeping the Tree steady.

Some content themselves with laying Weeds or Straw about the Roots, but this answers only half the Purpose, and that but imperfectly.

Let the careful Gardiner watch the Shoots of his new-planted Trees, and rub off such as grow ill, that the rest which have a better Direction may flourish the more.

Cherry Trees that are in Danger of being Hide-bound are now to be eased, by flitting down the Bark in such Places with a Knife. It is remarkable that the Grain of Cherry Bark runs circularly, so that this Method is sure to relieve them.

Let the Vines be watched this Month, and all the useless Shoots removed; and the Suckers be taken from the Roots of Fig Trees.

This will be all required for the Care of Trees.

C H A P. II.

Of Plants.

LET the Gardiner now clean his Allies, and lay all in Order in his Kitchen Garden.

Let

Let him sow Beets, Sorrel, Parsley, Onions, and Chibols, and defend his Seed Onions from the Wind, which at this Season will be apt else to break them, the Stalks being weak and the Heads heavy.

This is a very good Time to sow French Beans.

Chuse for this Purpose a dry Soil and a warm Border, and sow them in shallow Trenches opened by a Line: The Seeds should be dropped in about four Inches asunder, and the Trenches opened about two Feet asunder.

Rouncival Pease are to be sown at this Time, as also other Pease and Beans for late Crops.

There is also another very good Practice for the providing a late Crop of Beans, which is, in some Places where the Rows stand thick, to cut down every other Row within three Inches of the Ground; this will give the other Rows Air, and make them thrive and bear abundantly; and there will in the mean Time rise a vast Number of Shoots where the Stalks are cut, and these will be loaded with Beans late in the Autumn.

This is the best Season for propagating Rosemary and Lavender, and the like Herbs, by Cuttings. Chuse a dry showery Season for this; and observe that Cuttings of Rosemary succeed this Way just as well as Slips, and do not hurt the Mother Plant in taking off, whereas the Slips tear and make Wounds that do not easily heal; many a fine Shrub of Rosemary has died from this the next Winter, when the Cause was forgot, and the Damage laid only to Frosts.

There is no Season at which the Garden is so overrun with Vermin, and every Method is now to be used to destroy them.

This Month Lettuces should be sown to succeed the former Crops, and Purslain and Nasturtium should be sown to take their Chance in the naked Ground.

Take Care of the Strawberry Beds at this Season, and if it be dry let them be well watered once in three

Days : The Fruit will come in such Abundance as very well to repay the Trouble.

Young Salleting should be sown now as usual, and some Celeri may very well be sown in the natural Ground, or, what will answer better, on a decayed Hot-Bed.

Chardoons are now to be sown in the natural Earth, and the best Way is this : Place four Seeds in a Hole made with a Stick, and make these Holes at five Feet Distance.

When the young Plants come up observe which is the strongest, and pull up all the rest in each Hole ; only one is to be left in each, which is then to stand for blanching.

The Beds of Carrots and Parsnips are now to be hoed, to destroy the Weeds and thin the Plants ; they should now be left at about eight Inches Distance. The Beds of Onions are also to be hoed with the same Intent, and these are to be left at about four Inches.

Ridges are now to be made for Cucumbers and Melons for a full Crop, and the superfluous Branches from the Melon Plants are to be cut off from the forward Ridge. In-making of these Ridges, if the Ground be dry the Dung should be but little higher than the Surface, and Earth is to be laid upon the Dung to the Thickness of a Foot and half.

This is not the proper Practice where the Ground is cold and damp ; the Dung must be there raised higher above the Surface, otherwise the whole will come to nothing, because the Coldness and Wet of the Ground will destroy all the Virtue of the Dung, its Heat will be lost, and the Plants perish.

The young Celeri Plants are to be transplanted this Month into Beds of a deep rich Earth, and placed at about six Inches Distance ; these must be watered slightly till they have taken Root ; if there be scanty Room they may be set at three Inches Distance ; and the whole Seed Bed should not be cleared for this, but some of the Plants left to thrive there.

The Ground must now be hoed between the Rows of Beans and Pease, and drawn up about the Stems of Cabbage and Cauliflower Plants.

In cold Nights Glaſſes must be put over Cucumbers and Melons, otherwise much of the young Fruit will drop off the Stalks.

C H A P. III.

Of Flowers.

THE Weeds grow very quick this Month, therefore the Work of cleaning and hoeing the Borders must be repeated frequently.

Many of the taller Flowers will now be growing high in Stalk, and the Gardiner must from Time to Time go his Rounds, and tie them up to Sticks.

In this Month many of the annual Flowers are to be sown, Lupines, Flos Adonis, Convolvulus, Catch-fly, and many other Kinds.

This is also the best Season of the whole Year for sowing of the hardy biennial Plants, such as Canterbury Bells, Columbines, Sweet Williams, and the like.

It is a very good Practice to make some slight hot Beds this Month for the raising of the annual Flowers, such as the French and African Marygolds, and the like.

The common Practice is to sow these earlier upon considerably strong hot Beds, and under Frames and Glaſſes; but as they are to be removed young into the natural Earth, and to stand all the Season, it is much better to raise them thus on Borders with a slighter Heat, and covered with Mats, for thus they are nearer a common Earth and free Air, and will be less checked by the Removal.

Several of the Seedlings on the hot Beds should now be transplanted to other hot Beds made for their Reception.

It

It is a good Practice to put some Tuberose Roots in at this Time to succeed the earlier. The Carnation Stalks should now be supported by Sticks, for they are weak, and the Head forming they will be heavy, and in Danger of bowing down.

The Auriculas now begin to flower, and they must be preserved from Wet, and from all other Injuries; 'tis proper therefore to place them upon their Stage under Cover.

Evergreens may yet be transplanted with Safety, and this is a good Time for cutting off their irregular Branches, that young ones may rise in their Places, either naturally, or by the Gardiner's Care and Direction: Though he may not be able to manage such as were grown stubborn, he will easily reduce those to proper Form which shoot under his Eye, and submit themselves to his Management while tender.



THE
COOK, HOUSEKEEPER's,
AND
GARDINER's COMPANION.

M A Y.

S E C T. I.

Provisions.

Bill of Fare for the Month of MAY.

THE Season of Plenty is advancing fast upon us, and every Month now will bring many Things of the Summer Produce to add to the Winter's Fare, and intermix with the more substantial Kinds.

A R T. I. *For a first Course.*

In general the Butcher's Shop holds the same Appearance, and supplies us with the same repeated Fare; but of his substantial Provision, some Kinds and some Joints being larger and heavier, are fitter for the Winter, some lighter and more adapted to the Summer. This is all the Variety we find in the present Article; for Oxen do not fly away like Woodcocks, nor Sheep die off like the Produce of the Garden. The Housekeeper is in general to form her Choice what Pieces to prefer in each Kind, according to the Direction just laid down, of the larger for the colder
and

and the lighter for the warmer Weather; and we shall here assist her Memory by naming what Joints are properest at a handsome Table.

Beef is less esteemed in Summer; but when there are large Companies, and the Table not intended to be very expensive, nothing is so proper. In general smaller Pieces are preferable at this Time. The Rump roasted, or some good small Piece boiled, may come on in a first Course.

From the Ox Kind we are also to reckon the Tongue and Udder, which may be sent up either roasted or boiled with Cauliflower or Brocoli.

Veal is much better in Season than Beef; the Neck roasted, or the Loin, or any other of the best Joints, are proper. The Breast raggoon'd is also very proper; and a Calf's Head any Way dressed.

The Chine of Mutton roasted with Sallads or Pickles; and any of the good Joints boiled with Roots do very properly in a first Course.

Bacon is of great use at this Time with Beans, and on other Occasions.

As to Poultry, this is a Month in which many of the Kinds of Fowls are not to be had, but the common Sorts are five: Chickens, grown Fowls, Capons, and Paulards are in Perfection, and may be sent up plain, or according to the several elegant Ways we have described.

Fish are a very plentiful Resource for the Table at this Season: Salmon and Smelts are in high Season, and from our fresh Water Ponds we have Carp and Tench in high Perfection, and from the Brooks and Rivers Cray-fish and Eels. The Carp or Tench stewed, and the Eels boiled or pitchcock'd, may be sent up, or the Eel collar'd. Lobsters also are in Season, but Oysters and most other Shell-fish out.

If to this List of Provisions we add the Pies and Puddings furnished by the Pastry, there can be no want of Variety for a first Course.

2. *For a second Course.*

We have a large Supply also of Provisions, and many of them of the most elegant Kind, for a second Course. Venison is finely in Season, and 'tis a Time for Fawn, of which some are very fond. Leverets also are fine now, and Kid, for those who approve it, may be had and dressed as Fawn; the best Method for either of which is to have a Quarter roasted.

Of Poultry for a second Course we have all the young Kinds of the common and domestick Breed. Turkey Pouts are very fine now, as are also Green Geese and Ducklings: And of the wild Kind there are Quails.

Of the Fish Kind there are some of those already named that may be very well introduced in a second Course, as roasted Lobster, collar'd Eel, Cray-fish, and Prawns.

From the Pastry we may have many considerable Articles; a Variety of the Pie Kind, as also Tarts, Custards, Cheesecakes, and Creams.

We have thus, in the Account of Provisions in general for the succeeding Month, given them under a Division usual enough in other Books, but different from our general Method, that is according to the several Courses in the which they are fittest to appear. This has been done once by the Desire of some who wish no Article of Information should be wanting in this Work respecting the Subject whereof it treats: By this Means the less experienced in these Things will see which Dishes are proper for the first and which for the second Service; and this may be seen in one Month as well as all, for all the other Kinds may be referred to those here named, or disposed according to these general Directions: We shall therefore in the Provisions for the succeeding Months follow the former Rule of disposing in our Bill of Fare all the Articles of each several Kind under its proper Head; all the Meats under one Article, all the Fowls under another,

and so of the rest, this laying them before the Eye more distinctly and with less Confusion, which we apprehend to be the Intent of an useful Bill of Fare. The Remainder of this Head comprehending the Garden Productions, whether Roots, Greens, or Fruits, we shall treat all in this Manner.

Garden Stuff in Season in May.

This is a plentiful Month for the Provisions from the Garden, many coming continually into Season. The young Salleting of all Kinds is now in great Perfection; it rises quick from the sowing, by means of the increasing Warmth of the Weather, and it is a Rule in this Article, that the quicker the Leaves rise the tenderer they are.

Spinach is now in great Perfection, it never has its Colour, Juice, or Flavour finer.

There are also the Spring Coleworts and early Cabbages.

Asparagus is in the highest Perfection; and there is another Bud fit to be named on this Occasion, because it is excellent in its Kind, and approaches to the Nature of the Asparagus in Delicacy, but being less common it will give an agreeable Variety, this is the Tragopogon or Garden Goatsbeard. We have mentioned the Hop Top or young Shoot of the Hop in a former Month, as being of the Nature of Asparagus; that being now too rank, the Shoot of the Tragopogon follows it, and exceeds it in all Respects; it is larger, tenderer, and more juicy, and has a peculiar and very agreeable Taste. This is to be dressed in the same Way as Asparagus; but there is another Method we shall lay down, which is a new Dish just getting into use at some great Tables, and is, though not expensive, very elegant as well as very pleasant.

One Thing farther we shall mention respecting the Tragopogon Shoot, which is, that it is wholesome and nourishing beyond most Things which are the Produce of the Garden; nothing that can be taken by Way of Food restores decayed Nature like it.

Besides

Besides these already named, the Garden will now afford some early Artichokes and Cauliflowers.

These are the Greens in Season; as to Roots they are in general coming in: There will be fine early Turnips now ready for pulling, tender, and of a beautiful Colour. Radishes are in their great Perfection, especially the scarlet Radish lately and justly come into Fashion; this is delicate and tender, of a fine lively Colour, and transparent, and has a better Flavour and less Heat than the common purple Radish; there is also another Quality that may well recommend it, this is, it digests more freely and is not so apt to rise in the Stomach.

There will be in a good Garden young Carrots at this Time; they must be sown in warm Borders for this Purpose, and the Heat brings them forward, especially under a Wall; these have not the fine full Flavour of the Carrot that comes in somewhat later, but they exceed all others in Colour.

Among the Fruit Products of the Kitchen Garden we are here to reckon French Beans, which now begin to come in from the Hot-Beds, as also Cucumbers, and some early Melons.

The Housekeeper is to give frequent Notice to the Gardiner of her expecting these Things, for they always please particularly when they come so early. In Town they come dear, because they go through several Hands before they come to the Table, but in the Country the Charge is little, for nothing is cheaper than Labour.

Mushrooms are another Article from the Beds in the Garden at this Time; and to this List we may add several Sorts of early Lettuces, Onions, Chives, Purslain, and the common savoury Herbs, Mint, Thyme, Balm, Winter Savoury, and the like.

Fruits in Season in May.

The latter End of May may be accounted the Earnest of the Year for Fruits; we have scarce any

Thing thoroughly ripe in a natural Way at this Season indeed, but the Art and Assistance of the Gardiner shew us what we may expect from such Means : They forestal the Productions of the natural Soil, and tho' what they offer are not equal to those which follow in their own Time, in Flavour, yet their being early is a great Recommendation.

There is a Cherry called the May Duke, and it is a very good one ; it is the earliest ripe of all, and with a little Assistance of the Gardiner's forcing, comes in just in Time to save the Credit of its Name. A good Table need not be without this Cherry in May, and it is always extremely valued.

This Month we must be content with the few we have, and be choice of them ; the next will pour them upon us in great Plenty.

There is another Kind of this Fruit not called the May Duke, but plainly the May Cherry : It is said by the Gardiners to come in somewhat earlier than the May Duke, but the Difference is not essential, because it is not certain or constant.

Scarlet Strawberries begin to ripen at this Season, and if the Plants be examined in the warmst Borders, some are usually found.

Gooseberries and green Currants are also just coming in for Tarts.

There are two other Fruits very much esteemed at this Season, the Masculine Apricot and the Nuting Peach ; these owe their Ripeness at that early Period to Art.

Beside these Fruits which are just beginning to come in there are some not quite gone out ; these are a few Kinds of Apples and Pears.

Of the Apple Kind we often meet with the Golden and Winter Russet, as also Pile's Russet, and the Nonpareil, very good ; but this must have been owing to a very careful Manner of keeping them. The Stone Pippin, Oaken Pippin, and John Apple sometimes also last good till now, and the Pomme d'Appi, which is a very good Kind.

The Pears to be had tolerably good at this Time are but few, the Bessy de Chaumontelle is the principal; there are also the Amozelle, Bergamot, de Payne, and Lord Cheney's Green: These are for the Desert, and there are two that do for baking; these are the Cadillac and that Kind we call Perkinson's Warden, but a careful Manner of preserving is also requisite for these.

S E C T. II.

Of C O O K E R Y.

C H A P. I.

Of Roasting.

A R T. I. *To roast a Capon with sweet Herbs.*

CHUSE a fine large Capon, let it be carefully picked and drawn, then raise the Skin from the Flesh to loosen it.

Cut to Pieces a large Mushroom, a Couple of Truffles, and shred some Parsley; mix these together; grate a quarter of a Pound of fine Bacon, mix this with the others; then cut very small some Chives and some fresh and young Leaves of Garden Basil, strew over these some Pepper and Salt; then bruise half a Nutmeg, one Blade of Mace, and a couple of Cloves; stir this in, and when well mixed, the Stuffing is ready, put it carefully in between the Skin and Flesh, and when it is well disposed all over, sew up the End, or tie it carefully, and then lard the Capon; this is to be done in a particular Manner. Some Ham must be cut into very thin Slices, and some Veal, and a good Quantity of sweet Herbs, with some grated Nutmeg, is to be prepared and set ready.

The

The Capon is to be larded interchangeably with one Piece of Ham and another of Veal; and when this is done the sweet Herbs must be strewed very thick over it.

Thus prepared the Capon is to be rolled up in two Sheets of Paper, and carefully roasted.

The Sauce may be a rich Gravy.

The French, who never know when to stop, serve up a Capon done in this Manner with a rich Raggoo about it, but this is Confusion, and the Taste of one Thing destroys that of another.

They who would be at the Top of the French Taste may serve it in this Manner, but with Gravy it is a very delicate and fine Dish, and no Way extravagant in the Expence.

2. *To roast a Chicken with Ham.*

This is a Dish we owe to the French, and it is a very good one; not troublesome or expensive. We allow that the Taste of Ham and that of Chicken are very proper together, and we for that Reason dress them to be eat together, though they come to Table separate. The French send up all in one, and that in a much more agreeable Manner.

Chuse a fine well-grown Chicken, let it be trussed for roasting.

Cut a large fine Slice of Ham from the prime Part, Fat and Lean together; lay this on the Dresser, beat it with a Knife to bruise but not break it, and strew upon it some shred Parsley, and a very small Quantity of Chives put among it.

When the Slice of Ham is seasoned, beat, and ready, loosen the Skin from the Breast of the Chicken with a Finger, then get in the Slice of Ham thus prepared, and see that it cover the whole Breast, and lie very even between the Flesh and Skin.

Blanch the Chicken thus prepared before the Fire, and then wrap round it broad thin Slices of Bacon, tie these round with Packthread, and spit the Chicken.

When

When the Chicken is roasted take off the Bacon, and serve it up with some Gravy or Essence of a Gammon of Bacon.

3. *To roast a Gammon of Bacon.*

This, when properly roasted, makes an excellent Dish, but two Things are needful, the one to freshen it, and the other to give it a Flavour. The best Method is this:

Have some luke-warm Water ready, a good Quantity, strip off the Skin carefully from a Gammon of Bacon, and when cleaned pour the warm Water over it; let it lie thus some Time to take out the violent Saltiness.

When taken out of the Water pour upon it in an earthen Pan a Quart of Sack, turn it, and let it lie twelve Hours in this Liquor.

When taken out of the Wine, spit it and cover the fat Side of it with some Sheets of white Paper.

Lay it to a good Fire, and pour all the Sack into the Dripping-pan; this is to baste it, which must be done from Time to Time all the while it is roasting.

When the Gammon is near done rub some Bread to very fine Crumbs, and mix with it some Parsley chopped very fine; take off the Papers, and strew the Gammon very well over with this, brown it up very well before a brisk Fire, and then take it off.

Some eat this hot, and it is that Way a pleasant Thing, but strong. The Spaniards, to whom we are obliged for this Piece of Cookery, only eat it cold. Their Way is this: They take it very carefully off the Spit not to rub away the Crumbs, and set it to cool; when cold they lay a clean Napkin in a Dish and lay the Gammon upon it, garnishing it with Parsley. It is this Way very fine, and much preferable to the eating it hot.

4. *To roast a Quarter of Kid the French Way.*

Let the Kid be small and delicate, lard one half of the Quarter very well with fat Bacon, and having
grated

grated some Crumbs of Bread very fine, with this lard the other half, then wrap it up in Paper, and lay it down at a moderate Distance from a very good Fire.

Reserve some of the Bread Crumbs, and mix with them some shred Parsley and a little Salt. When the Kid is near done take off the Papers, and drudge that Part which was drugged at first, very well with these Crumbs.

When this is done brisk up the Fire, and finish it very brown; send it up hot, first squeezing half a fine Seville Orange over it, and garnish it with Orange in thick Slices.

Many are very fond of Kid, but in general it is inferior to Lamb. If it be not very young it is apt to taste rank; and that which is bred in Towns among Stables, and in the Way of Filth, is never so well flavoured as what is bred more naturally in the Country; at the best the Flesh is drier than Lamb, but when fine it has a very peculiar Sweetness.

5. *To roast Larks larded.*

Let the Larks be clean picked and trussed handsomely with the Feet on their Backs, then cut some very thin and fine Pieces of Bacon for larding of them; spit them very carefully, and lay them down to roast.

Mix together some Crumbs of Bread and some Basket Salt. When the Larks are near enough drudge them with this, and then let them have a Turn or two more very near the Fire.

Warm the Dish, and rub a Shalot over it, but leave none of it in; 'tis only to give a light Flavour. They are thus extremely good, eaten dry, which is now a great Taste. Some make Bread Sauce for them in the usual Way, and others make a Sauce of Orange Juice, Pepper, and Salt; the French add to this a little Verjuice.

6. *Larks*

6. *Larks barded.*

The French Cooks brought in this Term Barded ; they call a thin flat Slice of Bacon fit to wrap round any Thing a Bard of Bacon, and any Thing that is dressed this Way they call barded. Thus Larks are to be barded in the following Manner :

Let the Larks be trussed in the same Way as before directed, and cut for every one of them a thin Slice of Bacon broader and longer than the Lark ; spit them upon a wooden Skewer, with one of these Bards or Pieces of Bacon between every two, and when they are near roasted drudge them with Bread and Salt.

When they are enough take them up, place them regularly on a Dish, and send up Bread Sauce if in the English Way, but if the French it is to be very fine Juice of Orange and Juice of Lemon, of each equal Parts, and a good deal of Pepper and Salt in it. We are not much accustomed to this sour Sauce in England, but it is very pleasant.

7. *To roast a Calf's Liver.*

Chuse a very fine Calf's Liver, and lard it very thick with small Slices of Bacon, fasten it carefully to the Spit, and cover it up with Papers ; lay it at a Distance before a very good Fire, and observe its doing, for nothing requires more Time to do nicely.

When it is about half done take off the Papers, and bring it a little nearer the Fire, and at last of all, just to finish it, bring it very near ; then serve it up in a hot Dish, with some rich Veal Gravy.

8. *To roast a Leg of Mutton a la Dauphine.*

Take off the Fat and Skin of a Leg of Mutton, and cut away all the Flesh about the Shank Bone very clean ; put it into Water, and parboil it ; then take it out, let it cool, and lard it very thick with pretty large Slices of Bacon ; this done spit it, and wrap it round with some Sheets of white Paper ; lay it down

to roast, and let it be first placed at a good Distance from the Fire; toward the End it must be brought nearer, and Care must be taken that it have a good Colour.

The proper Sauce is Essence of Ham; but it may be served up with Gravy, or with one of the Cullisses.

9. *To roast a Chine of Mutton the Italian Way.*

Shred some Parsley very fine, cut some Chives small, and mix these with some white Pepper beaten; when these are well mixed cut some thin fine Slices of the Lean of a Gammon of Bacon, strew these all over on both Sides with the Seasoning just named, and lay them in Readiness; lay ready also some fine thin Slices of fat Bacon without any Seasoning.

These being prepared take a large fine Chine of Mutton, raise up the first Skin of it, and draw it off all the Way, only just at the End, lay the seasoned Slices of Gammon of Bacon upon the Mutton, and over them lay the Slices of fat Bacon plain; when both are on draw the Skin carefully over, and bind it securely on with Packthread, then cover the whole with Paper, roast it, and let it be done carefully; when it is near enough take off the Papers, have some Crumbs of Bread ready, and drudge it carefully with them; then brown it up, and send it to Table with good Gravy.

The French put a Raggoo under this and the like Dishes, and those who chuse it may follow their Practice, which we set down for that Purpose, having directed the making several Raggoos in their proper Places, any of which will do for this Purpose; but the French in this carry their Improvements to Extremes: An English Palate will often be pleased with their Made Dishes of the plainer Kind, but when they are thrown thus one into another, there is a Confusion of Tastes which takes away all Relish; beside, when these Roasts and Raggoos are kept separate they make a Variety, but in this new Way of putting one to another, all their Dishes are alike.

This

This I have observed for the two last Years here at Bath is growing very common, and the Quality begin to find it out. Mr. Le Strange doubtless was a very good Cook, but I heard one who understands delicate Eating, no Body better, say at one of the Entertainments of his dressing, that all the Dishes were alike.

C H A P. II.

Of Boiling.

IN the preceding Numbers of this Work we have given the Art of Cookery in its Rudiments, and under these common Articles of roasting and boiling have instructed the Cook to do the plainest Things in the plainest Way: Having thus laid the Foundation for her understanding perfectly her Business, we shall in this, as in the preceding Chapter of roasting, give her Directions for the dressing such boiled Dishes as are more elegant, yet not expensive.

The most moderate Table may, under a proper Management, have great Variety; there needs not be a Repetition of the same Joints plainly one after another, unless it be the Fault of the Provider or the Cook; for there are many very pretty Things that may be dressed as cheap as plain Joints.

A R T. I. *To boil young Artichokes.*

We have observed in the Bill of Fare for the succeeding Month, that Artichokes will be coming in; they are a Rarity at this Time, and they will appear at Table to more Advantage from a proper Manner of sending them up.

Cut half a dozen of these young Artichokes clean from the Stalks, boil them in a good deal of Water with a Nip of Salt in it.

When enough take them out, take out the Chokes, and send them up with a Sauce of Butter, a little Salt, some grated Nutmeg, and a very little Vinegar.

2. *Young Artichokes with white Sauce.*

Boil the Artichokes just as before, when they are enough tofs up the Bottoms with Butter and Parsley, which must be seasoned with Salt and white Pepper; put them hot into a Dish, and send up a Sauce with them made of the Yolks of four Eggs, a quarter of a Pint of rich Veal Gravy, and a Tea Spoonful of Vinegar.

Artichokes may be dressed this Way at any Bigness, but 'tis best when they are thus young.

3. *To boil a Rump of Beef relished.*

Shred a very large Handful of sweet Herbs, mix with them some common Salt and Pepper, and a small Quantity of Salt Petre; rub the Beef very thoroughly with this, and let it lie four Days, and no longer.

Then put it into a Pot with a large Quantity of Water, and put in with it four Onions cut in Quarters, and a Bunch of split Carrots; add four Bay Leaves, a large Bundle of sweet Herbs, a Handful of Parsley, five or six Cloves, some whole Pepper, and a little Salt; boil it well, and as any Scum rises take it off.

When it is taken out lay it on a Dish, put none of the Herbs or Roots about it, but only strew some fresh Parsley about the Sides of the Dish.

This is a very elegant Way of dressing Beef; the Salt Petre penetrates beyond what the common Salt alone can do, and the Roots and Herbs give a Flavour to the whole Substance of the Meat, without altering its Colour in the least. It is very agreeable to have this mixed Taste in eating every Mouthful, and not know whence it comes.

4. *To boil Carp au Court Bouillon.*

Scale and draw a Brace of Carp, and pull out the Fins.

When

When they are thus cleaned put them into an earthen Pan; set on a Quart of Vinegar with a Nip of Bay Salt in an earthen Pipkin, when it is scalding hot pour it on the Carp, and let them lie till cold.

Then set on some Vinegar in a Pan, enough to boil the Carp, put them in, and boil them gently till they are enough; just before they are done throw in half a Pint of white Wine; the Spirit of the Vinegar will by that Time be evaporated, and the Wine will freshen up the Liquor, and give a Richness to the Taste of the Carp: At the same Time with the Wine put in three Bay Leaves, a Spoonful of white Pepper, an Onion, and four Cloves; let all boil up a little that the Carp may be thoroughly done, and receive their Flavour; then take them out, lay them to drain, and send them up in a Napkin, garnished with Parsley.

The Carp this Way have as rich a Flavour as when stewed in Wine.

Our Cooks seeing the Fish sent up at the French Tables in a Napkin thought it was only plain boiled, and under a Notion of imitating it, sent up their Carp in some Places boiled in plain Water, and without any farther Care in the dressing; their Masters found it was not like the other; but this Way it has all the Relish of a stewed Fish, without the Richness of that Sauce we send up with them stewed, which to some is not agreeable.

This is a great Improvement upon the Article of boiling, and may be carried much farther; the Carp here are improved in their Flavour in the same Manner as the Beef in the former Receipt. This may serve as a Hint upon which an ingenious Cook may enlarge very much to her Reputation, and to the Satisfaction of the Family.

5. To boil Chickens and Asparagus the French Way.

Our Method in common Families is to dress the Chickens and the Asparagus separate, and send them up in different Dishes; but in this Method of the French
Cookery

Cookery they eat much finer, look more elegant, and cost very little more Trouble and Expence.

Let the Chickens be forced with good Force-meat and boiled, taking Care they are done very white: Those who chuse it may do them plain, but the Force-meat is a very great Addition.

Whichever Way the Chicken is done, the Manner of dressing the Asparagus is to be the same: Cut it into Pieces of an Inch long, taking only the soft Part, put it into a Saucepan, and parboil it in Water, toward the End adding a little Bit of Butter rolled in Flour; then take out the Asparagus and drain it.

Set on a Saucepan with a little Butter and a small Quantity of Salt, dissolve it softly, taking Care it does not get brown; then throw in the Asparagus with some minced Parsley, a small Bundle of Fennel, and some Cream; grate in a little Nutmeg, and strew in at last some Pepper and Salt; let all this stew together till the Asparagus is tender, then lay the Chicken in a Dish, and pour the Asparagus and Sauce over it.

6. *To boil a Pike with Wine.*

This is a German Dish, and one of the Ingredients will seem very extraordinary to an English Cook, but I can assure them, upon frequent Experience, that it is a Dish always very much praised.

Chuse a Pike of a moderate Size, gut it, and split it into two Pieces flat-wise close to the Bone; set it over the Fire in a Stewpan of Water, and half boil it; then take it out, scale it, and put it again into the Stewpan with a very little Water; put in now with it some Mushrooms, Truffles, and Morels cut very small, add a Bunch of sweet Herbs, and let it stew very gently, close covered.

The Fire must be moderate, or else it will break the Fish.

When

When it is near enough take out the Bundle of Herbs, and put in a Cup full of Capers chopped small, three Anchovies split and shred fine, a Piece of Butter rolled in Flour, and a Table Spoonful of grated Cheese.

When all these Ingredients are in, pour in a Pint of white Wine, and cover up the Stewpan; let all stew together till these Ingredients are thoroughly mixed, and the Fish is enough, then take the Pike carefully out, and serve it up with the Sauce.

7. *To boil Salmon au Court Bouillon.*

Clean the Salmon perfectly well, then with a sharp Knife and an even Hand score the Sides of it pretty deep, that it may thoroughly take the Ingredients.

Spread a Napkin on the Dresser, lay the scored Salmon upon it, and dust in some Pepper, Salt, and grated Nutmeg.

Then mix up some Cloves, Chives, Lemon Peel, Onions, Parsley, Basil, and Bay Leaves; all these are to be cut very fine, and some more Pepper and Salt is to be mixed with them; then the Salmon is to be dressed all over very well with this Seasoning.

Make up a Pound of Butter with a little Flour, put this into the Belly of the Salmon, then close the Belly, and wrap the Napkin tight about the Fish to keep all together, and put it into a Fish-kettle of a proper Bigness; pour into the Fish-kettle an equal Quantity of Water and Vinegar, and set it over a brisk Fire.

When the Salmon is near enough drain off a good Quantity of the Liquor, and pour in a Quart of white Wine, set it on a Stove, and keep it scimming a little Time till the Dish is warmed and all ready for it; lay a clean warm Napkin in the Dish; unfold the Napkin the Salmon is in, and take it carefully out of that, laying it on the other, and garnishing it with fresh Parsley in pretty large Pieces.

C H A P. III.

Of Broiling.

WE have given the Directions for the common Articles in this Way in our preceding Months, but the ingenious Cook may vary it farther than others think : There is no Method of dressing superior to it in most Articles, for the Fire is capable of giving a Relish this Way that the Food cannot have any other.

A R T. I. *To broil Carp.*

Prepare a strong and perfectly clear Fire, and warm thoroughly a large and perfectly clean Gridiron, let the Bars be all hot through, and yet not burning hot upon the Surface ; this is the perfect and fine Condition of the Gridiron for nice Uses ; for if it be hastily heated the Bars will be hot enough to scorch the Things laid on them on their outside, and yet cold enough within to chill it.

The Bars of a Gridiron always must keep away so much of the Heat as their Breadth covers, and therefore they should be thoroughly hot when the Thing to be dressed is laid on them.

This Preparation being made of the Fire and the Gridiron, let the Carp be carefully cleaned, the Fins pulled out, and the Scales perfectly taken off ; then rub it over with a Piece of Butter, and strew some Salt upon it ; lay it on the Gridiron, and watch it very carefully that it do thoroughly, and not too quick.

While the Carp is broiling, the Sauce must be prepared thus :

Cut to Pieces four Anchovies, half a Cup full of Capers, and a quarter of a sliced Lemon ; season these with Pepper, Salt, and Nutmeg, and put them into a Saucepan with some drawn Butter and a little Vinegar ; send up the Carp when enough with this Sauce hot.

2. *To broil Eels with Green Sauce.*

Chuse large Eels for this Purpose, skin them, clean them, cut them in Pieces, and score them all about with a sharp Knife; then have ready some melted Butter, with savoury Herbs, Pepper, Salt, Parsley, and Nutmeg; set this in a Bowl, and throw the Pieces of Eel, scored thoroughly, into it; turn and roll them well about, and when they are covered, and penetrated with the Butter and Ingredients, broil them.

While this is doing make the Sauce in the following Manner:

Pound a good double Handful of Sorrel Leaves in a Marble Mortar with a wooden Pestle, and squeeze out the Juice into a Bowl.

Cut an Onion into very small Pieces, cut some Capers small, and mix up these with some drawn Butter; when these are mixed up put in the Sorrel Juice, stir this well in, then squeeze in the Juice of a large Seville Orange, and sprinkle in some Salt and Pepper; when all is mixed thoroughly and heated together, send it up with the Eel.

3. *To broil an Eel pitchcock'd.*

This the French call the English Way of dressing an Eel; and, though not of their own Invention, they are fond of it at their best Tables.

Chuse a large fine Silver Eel, rub it well with Salt, then wipe it thoroughly with a Towel; this takes off the Slime.

Skin it when this is done, and cut it into four Pieces or Lengths, put these into a Bowl, and pour upon them half a Pint of white Wine, turn them and roll them well about in the Wine.

After this take the Pieces out of the Wine, and cut Notches on the Back and Sides at small Distances from one another.

When the Eels are thus far prepared, make ready a Stuffing thus:

N°. XIV.

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Crumble

Crumble some Crumb of white Bread very small, shred some savoury Herbs, Parsley and Chives very small, mix these with the Bread, and then grate over it a little Nutmeg, and strew on some Cloves bruised, and some Pepper and Salt; last of all add the Yolks of three Eggs boiled hard, and a good Piece of Butter.

Fill up the Notches in the Pieces of Eel with this Stuffing, and get as much of it to hang about them as you can, then put them carefully into the Skin, tie it up fast at both Ends, and pick Holes in it with a Needle to prevent its bursting; thus prepared lay it on a Gridiron, and broil it very carefully.

While the Eel is doing make Sauce of some Anchovies and a few Capers, some Butter, Pepper, Salt, and a little Vinegar.

The Sauce being ready and the Eel done enough, take it up, draw off the Skin, and serve it up with this Sauce.

This Method with Sauce is our Way entire; the French, who are very fond of the Eel done like the Sauce, generally send it up dry, with only a little Juice of Lemon.

4. *To broil Mackarel.*

First mix together in a deep Soup Dish some sweet Sallad Oil with some Salt, Pepper, and a good deal of whole Fennel.

This being in Readiness clean and gut the Mackarel, then cut them in Gashes upon the Back, and lay them in the Oil and Ingredients, turn them several Times about that they may be well seasoned, and then wrap each of them up in a good Bundle of the wet Fennel.

While the Mackarel are thus preparing for the Fire, let that and the Gridiron be made ready for them: This is to be managed exactly as for the broiling of Carp, wherefore it need not be repeated here.

Lay

Lay on the Mackarel rolled in the Fennel, and keep a watchful Eye upon them that they be done equally and thoroughly.

While the Fish are broiling make the Sauce ; it must be done thus :

Mince some Capers, shred some savoury Herbs, and pick some Gooseberries ; the best Way is to cut these as the Capers, but many chuse them whole ; whichever Way is preferred, these with the Herbs and Capers must be put into some clarified Butter, then grate in some Nutmeg, some Salt, and a very little Vinegar ; when the Fish are done lay them carefully in a warm Dish, and serve them up with this Sauce.

C H A P. IV.

Of Frying.

WE shall in this Article, as in the preceding, now set down some very essential Points in elegant Cookery.

A R T. I. *To fry Chickens in a Marinade.*

Mix together in a small Bowl a Pint of Vinegar, half a Pint of Juice of Lemons, and some Salt and Pepper ; stir all this together, and put to it some Chives cut very small, four Bay Leaves broken, and half a dozen Cloves bruised ; when all is well mixed set it by, covered with a China Plate.

This is called the Marinade, and when any Thing is put into such a Mixture it is said to be marinated.

Chuse a couple of fine young Chickens, cut them into Quarters, and put them into this Marinade, turn them at Times that they may be well soaked in it, and let them lie in the whole three Hours in it.

While the Chicken is soaking in the Marinade, make the following Batter : Beat up three Eggs in a little Salt and Water, add to this a quarter of a Pound of melted Butter, and some fine Flour, just

3 F 2

enough

enough to thicken it for the proper Covering of the Quarters of Chicken.

Set on a Stewpan with a large Quantity of Hog's Lard, take out the Chicken from the Marinade, drain it, then wipe it dry in a clean Napkin, pressing it gently; give the Batter a thorough beating-up, and then dip the Pieces of Chicken in it; see they be well covered, and then drop them into the Lard in the Stewpan.

Let them be done enough; have a Dish warmed ready for them, and some fried Parsley; take the Chicken out of the Lard when it is of a fine brown, lay the Pieces handsomely in the Dish, and garnish them with the fried Parsley.

This is a favourite high Dish among the French.

Sometimes they use Pieces of Chicken fried in this Manner for Garnish in large Dishes, but there is a shorter Way for that Purpose.

2. *Fried Chicken for Garnish.*

Cut a small Chicken into Quarters, dip it in Vinegar, and set on a Stewpan of Lard.

When the Lard is very hot take the Pieces of Chicken out of the Vinegar, wipe them dry, flour them over very well, and put them into the Lard; they will in this Manner fry to a delicate brown, and do perfectly well for Garnish as the other.

If any chuse to taste them they eat prettily, but not like the former.

Some give this easy Method as the true Way to marinate Chickens, but that is a great Error; the French make a Distinction between those for Shew and those which are to make a regular Dish; they sometimes, as has been said before, use the true and perfect marinated Chickens for Garnish, but this is an Error, at least a needless Expence and Trouble: It is however a greater Mistake to bring that which was only intended for a Garnish as the proper Dish for the Table.

3. *To fry Veal marinated.*

Cut some very fine and moderately thick Veal Cutlets.

Mix in a Bowl a Quart of Vinegar and half a Pint of the fattest Broth; put in five bruised Cloves, an Onion cut to Pieces, a whole Leek, a Lemon sliced, four Bay Leaves, and some chopped Parsley.

Let the Veal Cutlets be put into this Marinade, and turned frequently for two Hours.

Then set on a Stewpan with a large Quantity of Hog's Lard; when it is very hot take out the Veal, dry it in a Cloth, dip it in a Batter made in the same Way of that for Chickens described in the first Article, and fry them in the Lard till they are of a fine brown.

In this, as in the former Articles, such as chuse to save the Trouble and Expence of Batter, may drudge the Cutlets with Flour, and it will answer the same Purpose; but the other Way makes the more elegant Dish.

4. *To fry Mulletts.*

Scale and gut the Mulletts, melt a good Quantity of fine Butter, and when it is ready pour it into a Soup Dish; cut Gashes upon the Backs of the Mulletts, and dip them in the Butter; then set on a Stewpan with a good Quantity of clarified Butter, fry the Mulletts in this, and when they are enough lay them on a warm Dish, and make a Sauce for them as follows:

Pour into a small Saucepan some of the Butter out of the Pan, mix with it some Anchovies and Capers, and squeeze in a little Orange Juice; grate a little Nutmeg into this, and pour it into the Dish with the Mulletts.

Other Fish may also be fried this Way; or when they have been soaked in the melted Butter they may be broiled.

Some

Some have thought this cutting and soaking in Butter to be particular to Fish that are to be broiled, and that it is not needful to such as are for frying; but they do not understand the Principles of Cookery; the Intent of it is to soak the whole fleshy Part of the Fish, and there is no other Way of doing it.

If the Fish be put into the clarified Butter without cutting, the inside Flesh, not being soaked, never is mellow, and if cut without soaking it is very little better, for the Outside of the Cuts hardens at once in the hot Butter, and nothing can be done to soften it; but in this Way there is a soft Mellowness that gets into the whole Flesh of the Fish, and then there being so much crisp Outside to it, the whole is very agreeable. There is no Way so proper for frying most fresh Water Fishes.

5. *To fry Oysters.*

Put into a small Soup Dish an Onion cut to Pieces, some Basil, three Bay Leaves, four bruised Cloves, some Pepper and Salt, and a few Leaves of Winter Savoury; squeeze upon these the Juice of half a dozen good Lemons; stir all well together with a Silver Spoon, and cover it up with another Dish.

When this is done pick two or three Score of fine large Oysters, (Rock Oysters are the best for this Purpose) open them, and put them into a Sieve to drain away all their own Liquor.

When this is drained off put them into the Soup Dish to the Lemon Juice and Ingredients, turn them frequently, and let them lie thus two Hours.

While the Oysters are in the Marinade make a Batter of Flour, Salt, and Water, and the White and Yolk of one Egg; when these are well mixed pour in half a Tea Cup of melted Butter, stir all about that they may be perfectly mixed, and if the Batter be of a due Thickness all is right; if not, add a little Flour to thicken or a little Water to thin it, as there is Occasion.

Set a Pan over the Fire with some clarify'd Butter, when it is melted and hot take out the Oysters one by one; lay them on a Napkin, and spread another over them to dry them; when dry'd take them up one by one, dip them in the Batter, and see they be very well cover'd over with it, and then drop them into the Pan.

Let them be fry'd very brown, and as they are taken up let them be laid carefully upon a clean warm Napkin, spread over a warm Dish, and sent up without any Sauce, garnished with fry'd Parsley.

The most material thing for doing them perfectly brown, is to keep the Butter very hot in the Pan.

On Fast Days Butter is used, on others Lard.

6. *To fry Pike.*

This is to be done with the Assistance of a slight Marinade; 'tis cheap, easy, and of great Advantage to the Fish in every Respect.

Midling Pike are better than large for frying.

The first thing is to make the Marinade, which is to be done thus:

Pour into a Dish a Quart of common Vinegar, put to it two Bay Leaves, a Bundle of Sweet Basil, and a few Leaves of Penny-Royal; add a little grated Nutmeg, two Cloves, and a Tea Spoonful of whole Pepper.

Split the Pike open and cleanse it perfectly well, then cut the Back in several Places with deep Slashes, lay it in the Marinade and turn it once in half an Hour.

When it has lain two Hours, set on a Pan with a good Quantity of Hog's Lard. When this is melted and very hot, take out the Pike from the Vinegar, spread a Napkin under and another over it, make it very dry, and when that is done drudge it very well with Flour; put it into the Pan when the Lard is very hot, and it will fry brown and delicately.

While

While the Pike is frying the Sauce is to be made thus ; melt some Butter and put in a couple of Anchovies without the Bone shred very fine ; add a Spoonful of chopt Capers, and a little White Pepper, and last of all squeeze in the Juice of a fine Seville Orange.

Lay the Pike upon a warm Dish, and send it up very hot with this Sauce.

The French for this Sort of Sauce oil their Butter, but this does not agree so well with an English Stomach.

When the Sauce is made this Way the Anchovies need not be bon'd, but only split and put in, and the Butter strain'd off thro' a Sieve.

C H A P. V.

Of Baking.

WE shall here, as in the preceding Articles, give the ingenious and intelligent Cook Receipts for a great many very pretty Dishes, which probably he never imagined would be had from this sort of Dressing.

I. *To bake Plaife.*

Mince some Chives, shred some Parsley very fine, and cut some Savoury Herbs, and Sweet Basil very small ; mix these together, then grate in some Nutmeg, strew over them some Pepper and Salt, and set this in Readiness.

Rub the Inside of a Baking Dish well over with fresh Butter ; then strew this Seasoning all over it, that it may stick in good Quantity to every Part.

Chuse some large and fine Plaife, clean them perfectly, cut off the Heads and Tails, and lay them regularly and evenly in the Dish. When this is done pour in a Gill of strong Lisbon Wine, and strew over them a little Pepper, Salt, and grated Nutmeg ; and then drop in some melted Butter in small Quantity.

Last

Last of all get a large Quantity of very fine Crumb of Bread, strew this carefully and evenly over them, and let it be thick ; send them to the Oven, and let them be baked to a fine Brown.

When they come home from the Oven, make some Anchovy Sauce ; warm a Dish, take the Plaife one by one carefully out of the Pan they were baked in, and lay them handsomely in the Dish : The Sauce is then to be poured in, and they are to be sent up hot.

The French put in Champagne instead of Lisbon Wine ; and some of our Cooks who fancy every thing must be good that is dear, are for following that Practice ; but we can assure them from repeated Experience, that Lisbon is in every respect preferable on this and all other Occasions of Cookery : The Spirit of the Champagne flies off immediately, and the flavour is very bad.

2. *To bake Rabbits.*

This tho' it have but a plain Name, is an exceedingly elegant Dish.

Chuse a brace of very fine Rabbits, skin and clean them, save the Livers, and cut the Rabbits into Quarters ; cut some Bacon into thick short Pieces for Larding, and with it lard the Quarters of the Rabbits.

When the Rabbits are thus prepared, fit the Dish for Larding. Cover the bottom of it with Pieces of Fat Bacon and Veal, a Slice of one and a Slice of the other, and before these are laid in, let them be well seasoned with Pepper and Salt, sweet Herbs and Spices ; then as they are laid in the Dish strew among them some Onions, Carrots and Parsnips, cut into small Pieces, and some Chives and shred Parsley over all.

Make a good Quantity of Seasoning of the same Ingredients, and strew it over the Quarters of the Rabbits : Place them carefully in the Dish, and then strew more of the same Seasoning over them.

Cover them up and send them to a hot Oven; while the Rabbits are Baking there must be a rich Sauce made for them in this Manner.

Put some Slices of Veal and some Slices of Bacon into a Saucepan, with some Carrots and Parsnips cut to Pieces. When it begins to stick to the Bottom of the Saucepan, drudge it with Flour, pour in some rich Gravy, and cut in some Mushrooms and some small Cloves and Nutmeg; when it has boiled some Time, put in some burnt Crusts of Bread. Then pound the Livers of the Rabbits and mix them with the whole, let it all scimmer some time together, and then strain it off.

Put this into a deep small Stewpan, when the Rabbits come from the Oven, take them carefully out of the Pan; drain them and put them into the Stewpan with this Sauce. Let them scimmer up a little, and then lay them carefully in a Dish, and pour the whole over them, send them hot to Table.

3. *To bake a Pike.*

Chuse a large and fine Pike, scale it, clean it perfectly, and cut out the Bone at the Back, in such a Manner that the Head and Tail may hang on by a Skin.

The Flesh being thus all taken out, clear away the Bone and mix with the Flesh some Flesh of Eel and Carp; season this with Pepper and Salt, and put it into a Marble Mortar; beat it to a Mash and add a little Nutmeg, some Mushrooms, some shred Parsley and a few Chives.

When all these are together, pour in half a Pound of melted Butter and a large Tea Cup of Bread Crumb and Cream beaten together in a Saucepan; last of all add the Yolks of four Eggs raw; beat all well together, and then put it all into the Skin of the Pike, fill it carefully, sew it up, and the Head and Tail being left on, the whole Fish will seem as natural as if it were entire.

This

This is what the French call forcing of any Thing.

The Pike being made up in this Manner, put into a Baking Pan some Slices of Onion, some shred Parsley, some Chives, and a little Pepper and Salt. Pour some melted Butter among these, and then drudge on some Flour.

Rub the Pike all over with melted Butter, lay it carefully in the Dish with some of these Ingredients over it; and put some Parsley over all.

Then send it to the Oven, and when it is very Brown it will be enough: Lay it on a warm Dish and send it up.

This is a very elegant Dish, and the French eat it without any Sauce; they have it sent up to Table in a Napkin, and the Reason is very plain, for it has all the Ingredients of a rich Sauce within it.

Some prefer a sharp Sauce with it; some chuse Gravy, and some a Butter Sauce. We shall in the next Chapter give Directions for making a variety of these, of which the Reader may take his Choice; but certainly the best Way is that which the French Practice, who invented the Dish, that is without any.

C H A P. VI.

Of Sauces.

THIS is a large Article and a great deal of the Elegance of Cookery depends upon it; we have told the Cook of the several common Sauces, and many of the more elegant ones already, but there remain several behind which are equally worthy of her Notice for Elegance and Cheapness.

A R T. I. *Anchovy Sauce with Gravy.*

Split three Anchovies, take out the Bones and cut them very small.

Put a quarter of a Pint of very rich Veal Gravy into a small Saucepan, and season it with Pepper and Salt; put in the Anchovies, and a Tea Spoonful of Vinegar, let it all scimmer together and then send it up.

This is the Anchovy Sauce that Foreigners eat with Roast Meat: They sometimes make it richer, using Cullis instead of Gravy.

2. *Truffle Sauce.*

Peel half a Dozen Truffles, wash them perfectly clean in Spring Water, and then wipe them dry; cut them very small, and put them into a Saucepan with some rich Veal Gravy, or with some Cullis of Veal and Ham; let it scimmer some Time over the Fire season it to the Taste with Pepper and Salt, and send it up hot.

This is a Sauce the French eat frequently with Butchers Meat.

They make Sauces of Mushrooms and of Morells in the same Manner, and they are very fine: In this respect they proceed upon much better Principles than we in our Cookery; our Sauces have generally Butter for their Foundation, but it is a bad Ingredient.

3. *Mushroom Sauce for boiled Fowls.*

Put into a Saucepan half a Pint of Cream and a quarter of a Pound of Butter, stir them one way till the Butter is melted and the whole is thick, then put in half a dozen fresh Mushrooms cleaned and cut, or in their Place a Spoonful and an half of pickled Mushrooms, and in either Case a good Spoonful of Mushroom Liquor. This is the Sauce; and the proper garnish for the Dish is sliced Lemon.

4. *Brown Celeri Sauce.*

Chuse a large bunch of fine Celeri, pick it, wash it very clean, and cut it into very fine thin Slices, boil it gently in a small quantity of Water till it is perfectly tender, then add some Pepper and Salt, and
a Couple

a Couple of Blades of Mace, and grate in a little Nutmeg; this done let all scimmer again together, and then add a Piece of Butter rolled in Flour, and a Glass of red Port Wine; boil these a little, then put in a Spoonful of good Catchup, and half a Pint of rich Gravy.

This is a Sauce much more of the Nature of the French Cookery than the former, and it is very much superior to it: The other is simple, but pleasant; this is very fine and high flavoured.

5. *Liver Sauce.*

Bruise the Liver of a boiled Fowl, with a small Quantity of the Liquor of the Fowl, till it is perfectly broke and dissolved; set on a Saucepan with some fresh Butter, melt it carefully: Shred some Lemon Peel very fine, and mix it with the Liver and the Liquor; when the Butter is perfectly melted put this in, and mix it thoroughly together.

When it is all hot send it up, and garnish the Dish with Lemon.

This is a plain English Sauce, and is very much inferior to those which we have given from the French Cookery; but it is proper for us to give the practical Cook Directions for all Sorts, that she may be able to give Satisfaction in all Families; and this is a certain Rule, the more Things she knows the better she will do every one of them.

6. *Poverade.*

Poverade is a Sauce very much used among Foreigners; whoever has looked into any of their Books of Cookery will remember that they order many of their Dishes to be sent up with Poverade, though few of them have taught the Way to make it, which is this:

Put into a Saucepan half a Pint of Vinegar, and four Table Spoonfuls of Veal Gravy, add to this three good Slices of a Lemon, an Onion cut to Pieces, and
a whole

a whole Leek ; season it with Salt, and add a good deal of whole Pepper.

Set this on the Fire to boil gently for some Time, and when it is enough strain it through a Sieve into a Sauce Boat, and send it up hot.

'Tis a very odd Sauce to those who are not used to it, but it is relishing, and when the Palate is familiarized to it none pleases more.

We see a Number of these among the French, and one great Recommendation of them is, that they do not spoil the Taste of the Meat, which we drown and overwhelm with our several thick Sauces with Butter.

We have observed that a great many of the nice Dishes of the French are sent up dry, or without any Sauce, the Ingredients of Sauces being within themselves.

Many send up Poverade with these, and it is a very good Method ; it at the same Time gives a Relish, and does not in the least take off from the Taste of the Dish itself, which is a great Concern.

C H A P. VII.

Of Cullisses.

WE have already shewn what Cullisses are, and what is their Use and Purposes ; they need not be very numerous, but it may be proper to add two or three to what we have given already respecting this Article.

A R T. I. *Cullis of white Meat.*

Boil four Eggs, take out the Yolks, and grind them in a Marble Mortar ; roast a fine large Fowl, and when it is enough take off the Skin, bone it, and take off all the white Flesh.

Blanch a quarter of a Pound of sweet Almonds, and beat them well in a Mortar with the Yolks of
the

the Eggs, then put in the white Meat from the Fowl, and again beat all together.

Cut some Slices from a Gammon of Bacon, and some thin Cutlets of Veal, cover the Bottom of a Stewpan with these, and cut in some Onion, Carrot, and Parsnip in thin Slices; put in no Liquor, cover this close up, and set it over a very gentle Fire in a Stove.

When it begins to stick to the Bottom pour in some fine rich Broth.

A great deal of Care is to be taken to watch the Time of putting in the Broth, for if it be poured in too soon the Cullis will not have its true Flavour, and if it be let alone till the Meat stick too much to the Pan it will not be of a proper Colour.

When it has had one stew up with the Broth put in some Truffles washed and cut into very thin Slices, some Morels, half a dozen Mushrooms, a Leek, a couple of Onions, and four Cloves, and lastly a Handful of sweet Basil, then put in about two Ounces of Crumb of Bread, and let it all scimmer till it is enough; this will be known by the Condition of the Veal.

When that is enough take it out, and then put in the pounded Mixture from the Mortar; this will dissolve in the Liquor with a little stirring, and when it is well dissolved let the whole scimmer a quarter of an Hour over a gentle steady Fire: It must not boil up, for that would change the Colour. This is the great Concern, and if the whole be conducted according to these Observations and Directions it will be perfectly rich, and yet not at all brown. This is the Condition in which it is perfect and fit for Use.

Pour all into a Sieve with a large Soup Dish underneath, and work the rich Part of the Cullis well through; the Veal would keep a great deal of the fine Part hanging about it if it were left in, therefore this Method of taking that out before the other is put into the Pan is founded on Reason.

This

This is to be set by to be in Readiness for enriching of Soups, and for Sauces, and all other elegant Occasions where the Dishes are of white Meat. It will keep some Time good.

2. *Cullis of Partridge.*

This is a very high-sounding Dish, but there is no great Expence attending it; a Brace of Partridges will make a good Quantity of it.

The Method of doing it is exactly the same as in the former Receipt, wherefore it needs not be repeated here, and all the Difference is the using Partridge instead of Fowl.

For this Purpose the Partridges must be roasted but little, and then skinned; the Bones must be taken out and thrown into the Stewpan with the Veal and Bacon, and the Flesh taken from the Breast and other Parts must be beat up with the Yolks of Eggs and Almonds; this is then to be mixed with the Liquor when the Veal and the Partridge Bones are taken out, and the whole is to be finished up and strained off in the same Manner.

The Flavour a Brace of Partridges thus used gives to a good Quantity of the Cullis is hardly to be credited; one would suppose it made of nothing but Partridges, and it is very rich.

3. *Cullis of Mushrooms.*

This is a Cullis of very great Use, and one of the richest and highest flavoured of all; it is made a different Way from all the others, and with less Trouble.

Chuse a good Quantity of large well-grown Mushrooms, skin them, and clean them well; set on a Stewpan, and put into it half a dozen good Slices of Bacon, the fattest you have; when this is heated pour in the Mushrooms, brown them together over a Stove till they begin to stick to the Bottom.

Then

Then stir them about again, dust in a little Flour, and brown them well with that.

When this is done put in some rich Broth of Veal or Beef, let it boil up about two Minutes, but not more, and then strain it off into a Pan.

Put into this some Crusts of Bread, let them stand till thoroughly soaked, and then heat the whole together; when hot pour it through a Sieve, and the Liquor will run thick into a Bowl or Dish set underneath, and will make an excellent Cullis.

This will keep, and will be ready to give any Dish a very high Flavour.

C H A P. VIII.

Of Broths and Soups.

UNDER this Head we shall give some of the plainer and some of the more elegant and rich Kind.

A R T. I. *Breakfast Broth.*

This is a Broth the Foreigners make in great Quantities together, and it keeps very well several Days; those who breakfast upon it think it improves in the standing. It is made thus:

Take the Chine Part of a Rump of Beef, a Neck of Veal, a couple of Scraggs of Mutton, and two Fowls, set all these over the Fire in a very large Pot of Water, and keep them scimmering all Day.

When the Chickens are pretty well boiled take them out, cut off the white Meat from their Breasts, tear the Bones asunder, and put them in again; the white that is cut from the Breasts put into a Marble Mortar, and at the same Time throw a large Piece of Crumb of Bread into the Pot.

Pound the Chicken in the Mortar, and when the Bread is soaked put in some of it, and work it well with the Chicken.

Strain off the Broth through a Sieve into a large Stewpan, while it is hot stir in the pounded Chicken and Bread, set it over the Fire again, and season it to the Palate; then set it by for Use.

2. *Broth for French Soups.*

The last-described Broth was intended for eating as it is, this is only to serve for Soups, and almost any of them may be made of it: The Cullisses are added, and make Soups according to their Names and Natures, and in the same Manner other Ingredients.

The Soups are named from these, but the Foundation may be the same in all, and nothing does better than the Broth now to be described.

Lay down a large Leg of Mutton to roast, when it is pretty well done take it up, take off the Skin, and put it into a small Copper with a good Quantity of Water; put in also a good Quantity of coarse Beef cut to Pieces, and some Veal cut also to Pieces.

The Water must be cold when the Meat is put in, and the Fire under it must be gentle.

Let it boil softly, and as any Scum rises let it be gently taken off.

When it has boiled some Time add a couple of large Fowls, and throw in at the same Time a good Quantity of Onions, Carrots, and savoury Herbs, season it with Pepper and Salt, and when it is very strong strain it off, and set it by for Use.

The Service of a Quantity of this Broth is continual, and for many Purposes; a large Family should never be without it, and it is worth while to keep it in many small ones, for with a careful marketing and proper Choice of the Ingredients, it comes very cheap, and it will be at all Times useful, any little Addition making a good Soup from it.

3. *Soup Sante the English Way.*

We have given in a former Number the Method of making Soup Sante according to the French Practice; this,

this, which Foreigners call the English Way, makes a Variety, and is a very fine Soup.

Make some Broth and Gravy in the same Manner as is done for the French Soup Sante, and for the Receipt turn back to the Description of that in the former Part of this Work.

Instead of the Herbs used in the French, put into this a good Quantity of Carrots and Turnips; they must be cut into long slender Pieces as big as a Quill, and an Inch long; give the Turnips two or three boils in Water to blanch them, and blanch the Carrots by a longer boiling; when they are thus prepared strain off the Water, and put them into two Quarts of the Gravy, add the Crust of two French Rolls, and boil these well together till the Roots are perfectly tender.

To send this up to Table have a Knuckle of Veal boiled, place this in the Middle of the Dish, and pour the Soup to it; garnish it with Pieces of Carrot and Pieces of Turnip boiled tender.

4. *Pea Soup called Puree.*

Chuse some fine green Pease, put them on the Fire in a small Quantity of Water, give them one boil or two, and then pour away the Water, strain the Pease in a Sieve, and put them into a Marble Mortar; beat them to a Mash, and set them by in a Dish in Readiness.

Set on in a Saucepan half a Pound of Butter and a quarter of a Pound of Bacon cut in Dice; add two Onions cut small, a Sprig of Thyme, a little Parsley, some Pepper, Salt, and four Cloves bruised, and add to these the Crust of two French Rolls; set the Pan on a moderate Fire, and stir it all carefully about till the Bread is crisp and the whole well done.

Pour in three Quarts of rich Broth; let all this boil up well, and from Time to Time skim off the Fat; when it is all clean from Fat put in the pounded Pease, stir it well together, and let it boil up well, then strain

the whole through a Hair Sieve, and it will come through very thick and fine; put some soaked Bread into the Dish, and if it be to go up plain pour in the Soup without any Thing more.

This is a common Way in some Families, but the Inventors of this Dish always put something substantial in the Middle.

A Knuckle of Veal boiled separate, and taken up just at the same Time with the Soup, is a very good Thing to put in the Middle, and in other Places they frequently put Pigeons; or at this Time of the Year a Green Goose or a Duckling is an elegant Addition.

The right Garnishing is split Cucumbers, with the Core taken out and boiled.

5. *Blue Pease Soup.*

This is the Soup for Winter as the other is for Spring, and as the Season is scarce yet advanced far enough for the green Pease, we shall give the Receipt with the others.

Set on a Quantity of blue Pease in a good deal of Water, let them boil till they are perfectly tender, then strain off the Water, and beat up the Pease to a Mash in a Marble Mortar, as the others in the former Receipt.

For all the other Particulars, they are to be done in the same Manner as in the green Pease Soup; and for colouring of it there must be put in some Juice of Spinach along with the pounded Pease, or the Juice of the Leaves of green Wheat; this last is a Secret known to few, and it has the finest Effect of all; the Colour from Wheat Leaves is finer than from any Thing, and it has not the least ill Taste.

6. *Asparagus Soup.*

This is a Soup made of Asparagus in the same Manner as the other is with Pease, and there is no other Difference, except that in this Soup the Asparagus is not to be pounded, but cut in small Bits,
pro-

properly boiled, and put in when the Soup is ready to send up.

Some make entire Pease Soop, and put in the Asparagus; others use no Pease, but only put the Asparagus into the Cullis; the first Way makes the Thicker and Richer, but the latter the more elegant Soop. The Taste of the Asparagus is very much lost in the Pease Soop, but when the Pease are omitted, it is very high.

C H A P. IX.

Made Dishes.

WE have in the preceding Numbers given many of these, but there are innumerable others.

A R T. I. *Artichoaks with Cream.*

Boil some Artichoaks in Water till they are enough. Then take them up, toss up the Bottoms with Butter in a Stewpan; and put in some Cream and with it a few Chives and a Bunch of Parsley; when it is enough thicken the Sauce with the Yolks of Eggs, add to it a little grated Nutmeg and some Salt, and serve it up hot.

2. *Fillet of Veal with Collops.*

Cut what Collops you want from a Fillet of Veal, then fill the Udder with rich Force Meat, tie it round and Roast it; lay the Udder in the middle of the Dish, and the Collops which must be done by the same time round it, and send it up with Gravy and Butter, garnishing the Rim of the Dish with Lemon.

3. *Ragoo of Hogs Feet and Ears.*

This is a very pretty Dish, and is to be made of the Souced Feet and Ears in this Manner.

Take as many of each as is convenient out of the Pickle they were souced in, and cut the Ears into long

long thin Slices, put them into the Stewpan with a Glas of white Wine, half a Pint of Gravy, a Piece of Butter rolled in Flour, and a good Quantity of Mustard; cut the Feet in two, and put in also. Stir all together till it is of a good Thickness and well done, then send it up in a Soop Dish hot.

4. *A Fricassee of Pigeons.*

Kill eight fine young Pigeons, cut them into small Pieces, and put them into a Stewpan with a Pint and Half of Water, and a Bundle of Sweet Herbs.

Let them stew gently for some time, then add a Pint of white Wine, some Pepper and Salt, three Blades of Mace, half a Dozen whole Cloves, an Onion, and a good Piece of Butter rolled slightly in Flour.

Cover all up and let it stand over the Fire stewing, till there is no more left than just enough for Sauce.

Then beat up the Yolks of three Eggs, and grate in a little Nutmeg. Take out the Onion, and the Sweet Herbs; thrust the Meat all up to one side of the Pan, and let the Gravy run to the other; mix in the Egg with this, and stir it carefully else it will run to Curds. It will thicken the Sauce up very finely. When this is done, mix all together, and put in a Spoonful of Vinegar.

Set it on once again covered, to heat thoroughly together, and while it is doing for the last Time, fry some Oisters, and toast some thin slices of Bacon; when all is ready, pour the whole out of the Stewpan into a Dish, sprinkle the Oisters over it, and lay the Bacon round, then garnish the Dish with slices of Lemon.

5. *Asparagus with Cream.*

Cut the Green and tender Part of Asparagus into Pieces of an Inch long, set it on for a few Minutes in boiling Water to blanch it; then pour it into a Cullander; let it drain; set on a Stewpan with some
Butter,

Butter, tofs up the Asparagus in it, and take Care it do not get too Fatty.

Season the Asparagus a little with Pepper and Salt, and put in a good Quantity of Cream.

While this is doing over a gentle Fire, beat up the Yolks of a couple of Eggs in some Cream, with a little Sugar; pour this in and stir it well about that the Eggs mix evenly and well with the rest, and then serve it up.

This is a very elegant and agreeable Way of eating Asparagus, and suits the Nature of English Cookery, wherefore it pleases at an English Table generally better than the Way next to be described, which being done with Gravy is higher and richer, and suits more the Taste of Foreigners.

6. *Asparagus with Gravy.*

Cut some fine young Asparagus into Pieces of an Inch long, rejecting all the bad Part.

Blanch these by boiling them a few Minutes in Water, then strain them off and tofs them up in a Stewpan with Hogs Lard; throw into the Stewpan with them some Chervil cut small, a little Parsley also cut small, and a Leek whole.

Pour in a little rich Broth, take out the Leek, and season the whole with Pepper and Salt, and a little Nutmeg.

Let these scimmer together till the Asparagus is perfectly well done, then take off all the Fat, and pour in some rich Mutton Gravy; last of all squeeze an Orange over the whole, and serve it up hot: It eats more rich than Asparagus any other Way.

7. *Asparagus boiled plain.*

We boil Asparagus whole and send it up with Butter, and with a Toast under it: The French do not send it to Table so plain as this, and their boiled Asparagus which they call plain, is very much preferable to ours. It is done thus:

Boil

Boil the Asparagus when perfectly cleaned, in some Water with a little Salt, and take Care it be not over done.

Set the Asparagus a draining, and in the mean Time make the Sauce; this must be made of Butter, Pepper, and Salt, some Vinegar and the Yolks of a couple of Eggs beat up; these last are to be carefully mixt in, and kept from Curdling, and they will thicken it very finely: This done, the Asparagus is to be laid in a Dish evenly and regularly, and the Sauce is to be poured over them without any Toast under the Asparagus.

8. *Beef a la Vinaegrotte.*

Cut a large fine steak of Beef, beat it very well that it may be thoroughly Tender, and set it on in a Stew-pan covered up with some Water seasoned with Salt and Pepper.

When it has stewed some Time, open the Pan, and pour in a Gill of white Wine.

Put in at the same Time half a dozen Cloves, a Bay Leaf, and a Bundle of savoury Herbs.

Set it on a gentle Fire covered, and let it stew till the Liquor is almost all consumed.

Then pour the whole together into an earthen Pot, and let it stand till cold; when cold send it up garnished with Lemon, and sharpened with a very little Vinegar.

This is an uncommon kind of Dish in England, but it is very convenient, cheap, and agreeable; we are fond of having something cold in small Families, and the Cook who would render herself most agreeable in such, should make it her Business to get out of the common Tract, and know how to make such Dishes as will add to the Variety of the Table, without adding to the Expence. Few Things are Cheaper than this, and I never saw it brought to a Table tolerably done, where every body are not pleased with it. In my small way I have serv'd it often, and have been
asked

asked for more Receipts for the making it, than for any one Dish that I remember. I made it in a manner Universal at Bath, in the Year 1749. M. B.

9. *A Bisque of Pigeons.*

This is a great and very elegant Dish, fit for the greatest Table, and very grand at a middling one, on any particular Entertainment.

Some fine Broth, and some strong Gravy, must be prepared for this Dish; the Cook has had general Directions for this, but on the Occasion of this Bisque, it is best to refer her to the Directions we have given for making *Soop de Sante* the French Way. Let the same Broth, and the same Gravy, be made for this as for that.

Put together a good Quantity of this, and set it over the Fire, put in the Crusts of two French Rolls, and let it boil together some time; then pour in a Quart of rich Veal Gravy, boil all up together, and when the Bread is very soft, pour the whole into a Sieve, with a large Pan underneath; rub the Bread about the Sieve with a Spoon, and most of it will go through.

Boil eight Squab Pigeons very tender; boil also a Pound of Coxcombs tender, first Blanching them in Water; these and the Pigeons must be boiled in good Broth, and the Coxcombs must be done half an Hour longer than the Pigeons, that they may be perfectly Tender.

While this is doing, cut a fine blanched Sweetbread into small square Pieces like Dice; cut also a few of the smallest of the Coxcombs, and fry these together in some Butter, till they are of a fine Brown.

Garnish a large Soop Dish with a rim of Paste, and lay some of the largest and finest of the Coxcombs round it; then pour in the Bread and Gravy, lay in the Pigeons and the Coxcombs regularly, and last of all put in the Sweetbreads and Coxcombs fried Brown. Send it up hot. It is an expensive Dish, but is esteemed one of the most elegant.

10. *Boucons.*

This is another very rich Dish, it is of French Contrivance, and has its Name from that Language, which signifies a Mouthful ; it is made thus : Cut some very fine Veal from the prime Part of the Fillet, into longish thin Slices ; lay these upon a Dresser.

Cut out some Bacon in thickish Pieces as if for Larding, but somewhat larger, and cut some of the lean Part of a Raw Ham in the same way ; lay these one of Ham and one of Bacon all the way along the slices of Veal, then season all with Pepper and Salt ; grate over some Nutmeg, and strew Chives and Parsley both cut small, and some Savoury Herbs.

When all is seasoned, roll up the slices of Veal handsomely, and tie them round with Thread.

Set on a Stewpan with some slices of Bacon at the Bottom, over these lay some thin slices of Beef, then season it very well, and lay in the Boucons of Veal ; over these lay a layer of thin slices of Beef, and over them some more Bacon, then cover up the Stewpan close, fixing down the Edges of the Cover with Paste ; let the Fire be very gentle under it, and lay upon it some lighted Coals of Charcoal.

The Seasoning for the Stewpan is to be the same with that already described for the Boucons ; so nothing more is needful than to make enough of that.

When the Stewpan has thus been kept hot Top and Bottom for half an Hour, the Boucons will be enough.

The Coals are then to be thrown off ; the Cover is to be removed, and the Layer of Beef and Bacon taken off.

Then the Boucons are to be taken carefully out, the Threads that tie them are to be cut and unwound, and they are to be placed in a Dish slanting, to let the Fat drain thoroughly from them : They will be thus done very Tender and Delicate, and will
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have the Relish and Richness of the Beef, as well as their own Taste and Seasoning. They are to be sent up hot in a Soup Dish, with some very rich Gravy.

This is at present the general method of eating Boucons ; but some make them a yet richer and more expensive Dish, by sending them up in the most costly Ragoos. This is not only adding a great deal of Trouble and Expence, but making the Dish much less delicate ; this adding one rich Thing to another, takes away the Taste of every Dish, and when Cookery is carried to such a height, it has not the Effect of Judgment at all. A Scullion could put all the rich Ingredients at random together, and they would have the same Effect as in such Jumbles of Mixture : The Skill of the Cook is to be employed to know how to separate the Ingredients, and which to join one to another for the Dish.

II. *Blanched Cauliflowers in Gravy.*

Fill a large Boiler half full of Water, put into it a small Quantity of Flour, a Piece of Butter, two or three slices of Fat Bacon and some Salt.

While this is heating, prepare the Cauliflowers by picking and washing them very clean.

When the Liquor boils, throw in the Cauliflowers, and let them boil so long till they are about half done ; then take them out, and set them in a Cullander to drain.

The Cauliflowers are now what the French call Blanched. This is the Practice of Blanching, with what they call Fat Water ; sometimes they only scald Things in plain Water, and call that Blanching of them, but this is the best Method ; and always to do them nicely, it should be in this Water, which they call the Fat Water. When the Cauliflowers are drained dry, put them into a deep Stewpan, they are not to be thrown in at Random, but laid regularly ; and then pour upon them some rich Veal Gravy, or the Cullis of Veal and Ham, described in a former

Number. Let there be as much of the Gravy or Cullis as will just cover the Cauliflower, and set the whole over a gentle heat in a Stove.

When it is stewed enough, roll about an Ounce of Butter in a good deal of Flour, mix in the Flour by pinching it together with the Fingers, and then break the Butter into five or six Pieces; put these in at different Parts of the Stewpan near the Edge, and keep it moving over the Fire till the Butter is melted, then put in a drop or two of Vinegar, and take it up. The Cauliflowers are thus full impregnated with the Taste and richness of the Gravy.

12. *To stew Chardoons.*

Chardoons are the Stalk of a kind of Artichoke blanched in the same Manner as Celeri, but they are larger, and are as white as Cream on the inside: When they are rightly managed, and properly dressed, they are a very great Delicacy.

They are to be first Blanched, but in a particular Manner. Set on a good deal of Water in a Pot, put to it some Salt, three or four Slices of fat Bacon, a quarter of a Pound of Beef Suet, and half a Lemon with the Peel, sliced thin.

While this is heating, pick the Chardoons, and cut them into short Pieces, when it boils throw them in, and let them boil in it till they begin to be tender, then drain them.

Set on a Stewpan with some good Gravy; put in a bundle of Sweet Herbs, some Marrow of Beef, and a small Quantity of grated Cheese. Stir all these about, and then put in the Chardoons, which will by that Time be very well drained from the blanching Water.

Keep them Stewing in this, till they are perfectly Tender; then skim off all the Fat, and heat a Salamander, or for want of that a Fireshovel, red hot in the Fire. Hold this over the Chardoons in the Stewpan, and turn them at Times that they may be perfectly

fectly Brown all over; then serve then up with the Gravy.

13. *Boiled Chickens with Onions.*

Boil young fine Chickens in the usual Way, only taking care they be done with great Nicety; as they doing, make the Sauce in this Manner.

Brown some Butter, and put in a couple of Onions minced small, a Spoonful of Capers chopped, and two Anchovies picked and boned and shred very small; tofs these up together, and then add some rich Veal Gravy.

Lay the Chickens in the Dish, and pour this Sauce carefully over them. These are proper for a first Course.

C H A P. X.

Of Puddings.

THIS is a Store almost as inexhaustible as that of made Dishes, and as they serve on many Occasions, when other Foods cannot be eat, it is the Business of an accomplish'd Cook to be Mistress of many Sorts.

A R T. I. *Blood Puddings.*

Set on in a large Saucepan a Quart of Grots, or what they call whole Oatmeal, that is the Oats prepared for grinding into Meal, with as much Milk as there is of them. Boil this well, and set it by all Night; this will make the Grots Swell, and be very tender.

Next Day shred a Pound and Half of Beef Suet, and season it well with Pepper and Salt.

Cut very fine a Handful of Penny-Royal, a Handful of Thyme, and a Handful of Parsley, put these into Pan, with the Grots and Milk, and add to them three Pints of Blood.

Hogs Blood is commonly used for this Purpose, but Sheeps Blood will do as well; there will be no Difference in

in the Taste of the Puddings. Stir this well together, then put in a Pint of Cream, stir all again, and last of all put in the Suet.

When all is perfectly well mixed, fill it into clean Guts, or boil it in a Bag.

The boiling a Blood Pudding in a Bag is less common, but it is an excellent Dish. In the other Case they are to be filled into the Guts just as we have directed for the Marrow Puddings, and then tied up in proper Lengths.

These make what we call Black Puddings, a coarse Dish in the common Way, because they are made in a slovenly Manner; but when these Directions are followed they are worthy to appear at any Table.

Before they are sent up they must be boiled, and then broiled or fried; and the handsomest Way of serving them is, to send up a small Dish with these and White Puddings together.

2. *Puddings of Fowls Livers.*

These are another Kind of the Puddings that are to be served up in Guts boiled and broiled: They are not very common in England, but they are very good, made at a small Expence, and shew Variety in an Article where few know how to introduce it.

Black Puddings, and White or Marrow Puddings, are all we generally make of this Kind in England, but it will bear much more Change.

Get Fowls Livers to the Quantity of a Pound Weight, mince them very small, and add to them a Quarter of a Pound of Hog's Fat minced also very small, and a Pound of the Flesh of a fine Fowl or Capon carefully picked from the Bones; the white and red Meat minced together.

Pound a little Cinnamon, and four or five Cloves, add to this some Pepper and Salt, a little grated Nutmeg, and some savoury Herbs cut very small; mix all these together for a Seasoning, and with this season the mixed Meat.

When

When all this is well mixed together, beat up the Yolks of six Eggs in some fine Cream in a large Bowl; by Degrees get in a Quart and half a Pint of Cream in all, and then bring in the rest of the Ingredients, mixing all very thoroughly together.

Fill some Guts with these in the Way we have directed for filling of Marrow Puddings, and then tie them in proper Lengths.

Boil them, and afterwards broil them, when they are to be sent up to Table.

These Puddings may be boiled in Water in the common Way, but it is an Addition to them to boil them in Milk with a little Salt; and the best Way of sending them to Table is with Black Puddings and Marrow Puddings all in a Dish together, laid one by one; their Colour shews the Difference.

5. *A Calves Foot Pudding.*

Pick the pure fleshy Part from some Calves Feet, leaving out the Fat and the Brown; get a Pound of this fine white Meat, and mince it very small; pick all the Films and Skins from a Pound and half of Suet, mince that also very fine, and mix it well with the Foot.

Break six Eggs, beat up all the Yolks and three of the Whites; grate the Crumb of a Roll, and wash and pick a Pound of Currants.

All these Things being ready put in some Milk to the Eggs, with a little Salt and a Dust of Sugar; grate in some Nutmeg, and add a Handful of Flour.

When all these are beat and mixed very well, put in the rest of the Ingredients; being mixed to a proper Consistence put it in a Bag, and boil it a long Time; it should be put on early in the Morning to be ready for Dinner.

For Sauce pour some plain melted Butter over it, and mix some melted Butter, white Wine, and Sugar in a Sauce-boat.

4. *A Yorkshire Pudding.*

This Pudding is to be made when there is a good Piece of Beef roasting.

Beat up four Eggs, mix them with a Quart of Milk, a little Salt, and as much Flour as will make it into a middling stiff Batter ; a little stiffer than is fit for Pancakes.

Set on a Stewpan with some Dripping, when it boils pour in the Batter, and let it bake on the Fire till it is near enough.

Then turn a Plate Bottom upwards in the Middle of the Dripping-pan under the Meat, and set the Stewpan with the Pudding in it on the Plate ; the Fat from the roast Meat will drop upon it, and the Fire coming freely to the Top of the Pudding, will make it of a fine brown.

Let it stand thus till the Meat is done, then drain off the Fat, and set the Stewpan on the Fire again to dry it perfectly well.

When this is done put it into a Dish, cut a Hole in the Middle of it that will hold a China Cup, fill this with Butter melted plain, and so send it up to Table.

This is an errant English Dish, but it is a very good one.

5. *A Sweet-meat Pudding.*

Cover a Dish with fine Puff Paste Crust, and lay it in nicely and thin ; slice very thin an Ounce of candied Orange Peel, the same of Lemon, and the same of Citron Peel ; lay these carefully all over the Bottom of the Dish.

Beat up eight Yolks of Eggs and two Whites, and mix with these half a Pound of the finest Loaf Sugar powdered and sifted, and the same Quantity of Butter carefully melted ; beat all these well together, and pour them into the Dish over the Sweet-meats ; send it directly to the Oven.

The Oven ought to be but moderately hot when this is put in, and three Quarters of an Hour, or a little more, will bake it.

C H A P. XI.

Of Pies.

OF these there yet remain several very nice and elegant Kinds to be added to what we have described in our former Numbers.

A R T. I. *A Devonshire Squab Pie.*

Cover a Dish with good Crust.

Slice some fine Apples, and cover the Bottom of the Dish with them, first strewing in a little Sugar, and when they are in strew a little more over them.

Cut a Loin of Mutton into Steaks, season them very well with Pepper and Salt, and lay a Layer of them evenly over the Apples; over this lay another Layer of sliced Apples, with a very little Sugar strewed over it, and over these a Layer of sliced Onions.

Over these lay another Layer of Mutton Chops, then another of Apples and Onions; then pour in a Pint of Water, and close the Pie; send it to a Baker's Oven, and let it be well done.

This is a particular Dish, some are very fond of it; a right Devonshireman will prefer it to the best and nicest of all that follow.

2. *An Oyster Pie.*

Blanch three Pints of Oysters, and take off the Beards.

Mince one fine Anchovy, and as much Parsley as will make a Table Spoonful; mix this with the Anchovy, and with two Spoonfuls of grated Bread, and a Quarter of a Pound of Butter; add by Way of Seasoning a little Pepper, and about a third Part of a

Nutmeg, not grated, but shaved thin with a Pen-knife.

These Things being mixed and set in Readiness, make the Paste thus :

Mix together six Ounces of Butter and a good Handful of Flour, with two Table Spoonfuls of cold Water.

Part the Paste into two Pieces, and roll them out.

Cover a Patty-pan with one of the two Pieces of rolled Paste, then divide the Mixture of Anchovy and Parsley into two equal Parts, spread one half regularly over the Bottom of the Patty-pan on the Crust, and upon this lay the Oysters. The Patty-pan ought to be of such a Size that the Oysters may lie about three deep.

When they are in put the Remainder of the Parsley upon them, and lay on it a couple of thin Slices of Lemon ; then sprinkle a little beaten Pepper over the whole, and pour in very gently at different Places about three Table Spoonfuls of the Oyster Liquor.

Then cover it with the other Piece of Crust, and turn up the Edge of the Paste an Inch high ; send it to be baked three quarters of an Hour before you want it ; then cut up the Cover, squeeze in a Lemon, and cutting the Lid carefully into about six Pieces, lay it over the Pie.

Some bake this Pie without any Lid, but it is best thus.

3. *A Patty of Calf's Brains.*

Take out the Brains from a Calf's Head, clean them carefully, and scald them ; set them by.

Cut off the Tops of a hundred of Asparagus, and blanch them in hot Water with a little Butter and Flour ; let the Asparagus stand to be cold ; then roll up some Force-meat in little Balls, and boil half a dozen Eggs hard, take out the Yolks, and lay these, the Brains, the Asparagus, and the Force-meat into
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the Patty together ; send it to the Oven, and when it comes home squeeze in the Juice of half a Lemon, and add some drawn Butter and some Gravy.

This makes a very elegant little Dish to serve up hot.

4. *A Pheasant Pie.*

Pick and draw a Pheasant, lard it with large and thick Pieces of Bacon, and lay it by till a Stuffing is made for it in this Manner :

Cut some Parsley very fine, mince a couple of Truffles and some fresh Mushrooms, rasp some Bacon, and shred a few Chives ; mix all these well together for the Stuffing, and stuff the Body of the Pheasant carefully with it.

Raise the Crust for a Pie of a proper Size, cover the Bottom with scraped Bacon, and strew over this some Pepper and Salt, a couple of Blades of Mace bruised, three whole Cloves, and some sweet Herbs chopped very fine ; lay in the Pheasant, and strew a good deal of the same Seasoning over it ; then lay upon it some Slices of Veal cut very thin, scrape some Bacon over this, and add some small Pieces of Butter ; over all this lay some broad thin Slices of fat Bacon, and then put on the Lid, and send it to the Oven to be well baked.

While the Pie is at the Oven peel and slice half a dozen Truffles, put them into a small Saucepan with half a Pint of rich Gravy, or as much Cullis of Veal and Ham before described.

Keep these hot till the Pie comes from the Oven, then raise up the Lid of the Pie, and take off the Veal and the Bacon that covered the Pheasant, take off the Fat, and pour in the Gravy and Truffles.

It is a most elegant Dish.

5. *A German Lamb Pie.*

Cut a Quarter of Lamb into small Steaks and Pieces, and lard them all very well with small Pieces of Bacon.

Make a Seasoning for them thus :

Scrape some Bacon, cut two Bay Leaves, grate in half a Nutmeg, bruise three Cloves, and shred some Chives and a good Quantity of savoury Herbs ; mix all these very well together, and take so much of each of the principal Ingredients that the whole may amount to a good handsome Quantity.

Cover the Bottom and Sides of a Dish with good Crust, spread a Quantity of this Season over the Crust, and then lay in the Pieces of Lamb, placing them regularly and handsomely ; then sprinkle among them and over them the rest of the Seasoning, and pour in some good Broth.

Cover up the Pie, and send it to a Baker's Oven, with Orders to let it stand three Hours.

When it is about coming home prepare a Raggoo of Oysters, as we have directed, and taking off the Lid of the Pie, first skim off the Fat that swims upon the Gravy, and then pour in the Raggoo of Oysters hot.

6. *Carp Pie.*

Chuse a Brace of fine Carp, and have a large Silver Eel in Readiness, scale and gut the Carp, cut the Flesh of the Eel into long slender Slips of the Shape of Pieces of Bacon used for larding, and with these lard the Back and Sides of the Carp very thick.

This is a nice Piece of Cookery, but with a steady Hand and due Care it may be done very prettily, and is a vast Improvement to the Fish.

Let the Cook remember we have ordered a Silver Eel for this Purpose, and let her take Care to chuse such a one, and the finest she can get. The yellow Eels are apt to taste muddy, and any Flavour of this Kind destroys the Taste of the Carp. The Whiteness of the Belly is not the only Mark of an Eel that is perfectly fine ; the right Colour of the Back is a coppery Hue, very bright ; the Olive-coloured are inferior, and those that are more tending to the green are worse.

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The Carp being thus larded, mix together some Pepper and Salt, shave in a little Nutmeg, and add two bruised Cloves, and one Bay Leaf chopp'd small; with this Seasoning sprinkle the Fish well over on both Sides, and stick in different Places on it several small Pieces of Butter.

The Carps thus prepared are ready for baking; let a Crust be raised for a Pie, and the Shape of it be such as conveniently to hold the two Carp; or a very pretty Pie may be made with one large Fish. Strew some of the Seasoning at the Bottom of the Pie; put in the Carps carefully, and add a little Fish Broth, or if there be none in Readiness, a very little Water. Put on the Lid, and put it into the Oven.

It is most convenient to bake this Pie in the House, because it must be taken out when about half done.

At this Time raise the Lid, and pour in a Glass of Mountain Wine: Close down the Lid again, and set it into the Oven to be done enough.

While the Pie is baking this second Time, put on some Oysters for a Ragoo as we have directed; let it be made by that Time the Pie is done, and raising up the Lid, pour it hot in, and send up the Pie hot. It is a proper Dish for a first Course, and will be a Grace to the best Table.

7. *A Veal Pie.*

Make a good Quantity of Seasoning of Pepper and Salt, Sweet Herbs, grated Nutmeg, and a Blade of Mace; set this in Readiness.

Cut a small Fillet of Veal into three Parts; lard these very well, and cover it thick with the Seasoning: Raise Crust for a large Pie, shape it, and spread over the Bottom a good Coat of Force-Meat.

Lay the three Pieces of larded Veal over this, and between, and upon the Pieces of Veal, lay a couple of Sweetbreads cut into Pieces, and some Mushrooms cut small.

You may add Truffles, Morels, and Artichoke Bottoms, but the Pie will be perfectly good without these.

Pound some Bacon and season it with Pepper and Salt, Savoury Herbs and Spices; lay some of this over the Veal and Sweetbreads, and if at Hand, put in the Crevices between the Meat, a few blanched Asparagus Tops.

Send it to the Oven, and let it be baked two Hours; then cut open the Crust, take off the Fat, and pour in some Veal Gravy.

The French pour in Cullis of Veal and Ham. This with the Morels and Truffles makes it look the more elegant; but the Pie is a very fine one without them, and perhaps to a judicious Palate eats better.

8. *Eel Pie.*

Chuse some fine large Silver Eels, skin them, clean them, and cut them into Pieces of a Finger's Length.

Pick off the Flesh from the Bones of a Couple of the largest of them, and make this into a Kind of Force-meat, with the following Ingredients. Cut small some Chives, chop some Parsley very fine, shred some fresh Mushrooms; and upon all these well mix'd together, sprinkle a good deal of Pepper and Salt: Mix the Flesh pick'd from the Bones of the Eels with this, stir all well together and set it by.

Raise a good Crust, and make the Pie of a moderate Height: Cover the Bottom with this Force-meat, and then season the Pieces of Eel for the Pie, with the same Ingredients as were mixed up for the Force-meat.

Lay them carefully and evenly in, and put in some Sweet Herbs; and over the whole a good deal of Butter.

This done, put on the Lid of the Pie; rub it over with some Egg, and put it into the Oven.

Have some very strong Fish Gravy ready, and when the Pie is brought from the Oven, open it;
skim

skim off the Fat, pour in the Gravy very hot, and covering it again ; send it up to Table.

This is an Eel Pie for a genteel Table, and is to be made without any great Expence.

Those who have a Mind to make it richer, may easily do that : They are only to mix in a good Quantity of Milts of Fish, of any of the fresh Water Kind in the Gravy ; and adding Truffles and Morels in good Quantity, to make it a Kind of Ragoo ; and pour this in instead of plain Fish Broth, or Fish Gravy.

We chuse to give the Cook her Choice in all these Cases, to make a good Dish plainer or richer : But on this, as on many of the preceding Occasions, we are to tell her that the Pie will eat better in the Manner first directed, tho' it will have a richer Look in the other.

C H A P. XII.

Of Side and small Dishes.

THESE in general may be ranked among the Made Dishes, but as they are of a particular Use at the Table, we have thought it proper to keep them under a separate Head, that the Cook may see them together.

A R T. I. *Tench Patties.*

Pick off all the Flesh from the Bones of a large Tench.

Half stew some fresh Mushrooms, let them cool, and then mince them very small. Pound together in a Mortar a couple of Cloves, a small Piece of Cinnamon, a little cut Parsley, and a few Chives first chopped small ; season all this with some Pepper and Salt, and when well mixed, bring in the Flesh of the Tench, and a large Piece of Butter, and beat all together to mix it.

Set this by on a Plate, and make some very rich Puff-Paste : Make small Patties of this, and put into each a pretty large Lump of this Mixture ; close them up, and send them to be carefully baked.

2. *Oyster Patties.*

Pick out half a Dozen fine rich Oysters, and chuse a fine large Silver Eel. Pick the Flesh of the Eel from the Bones, and beat it up in a Marble Mortar, with some Pepper and Salt, a couple of Cloves, and as much Mountain Wine as will make it soft.

When this is well mixed, lay it by on a Plate, and make six Patties of fine Puff-paste.

When the Patties are all laid ready, open the six Oysters, and taking out one Oyster for each Pattie, wrap it up in a Piece of the Force-meat, and add a Piece of Butter.

Close the Patties, and send them to be carefully baked.

They make a very pretty small Side Dish ; or they may be used by Way of Garnish for some very magnificent Dish of Fish.

This is the plain and cheap Way of making Oyster Patties. They may be much richer, by the Addition of other Ingredients, as we shew in the next Article.

3. *Oyster Patties with Carp.*

Chuse half Dozen large and fine Oysters as before, and chuse also a fine Carp ; take Care that it be a Male Fish, and full of Milt. Chuse also a large Tench, and a fine Silver Eel.

Pick the Flesh from the Bones of all these Fishes, and beat it up together in a Mortar, with savoury Herbs, Pepper and Salt, Mace and some white Wine. Then add the Milts of the Fish, and mix all well together.

This being prepared, make the Patties of the finest and richest Puff-paste Crust, and into each of them
put

put one Oister, with a good Quantity of this Force-meat round it; add a Piece of Butter, close up the Patty, and send it to be baked.

4. *A forced Pigeon.*

Make some Force-meat of Veal, as we have directed in a former Chapter.

Chuse a fine young, but fully grown Tame Pigeon, pick and clean it, and stuff the Breast with a good Quantity of the Force-meat, sending the Remainder to be baked.

Boil the Pigeon, and see that it be done to a Nicety: Then lay it in a Dish, garnish the Dish with some of the baked Force-meat, and pour over the Pigeon some very thick drawn Butter.

5. *Eggs with Orange.*

Squeeze into a China Bason thro' a Sieve, a couple of fine well flavoured Seville Oranges; and see that nothing but the pure clean Juice goes in.

Beat up six Eggs with a little Salt. Then by degrees get in the Orange Juice, and mix the whole perfectly well together.

Set on a Saucepan over a gentle Fire, with some Gravy, and a Piece of Butter; when it is warm, and the Butter melted, pour in the Egg and Orange, and set it again over a moderate Fire.

Stir the whole continually, that the Eggs may not burn to the Bottom, and when they are thoroughly done, serve them up as they come out of the Saucepan. The Dish must be hot they are put into, and they need no Sauce.

6. *Eggs and Sorrell.*

Bruise a large Handful of Sorrell Leaves, and press out the Juice; beat up three Eggs, and put in first a little Pepper, Salt, and Nutmeg, and then the Juice of the Sorrell: When all this is well mixed, melt some Butter, and pour in this; stir it about a

little, that it may mix well, and be thoroughly hot. When this is ready, poach the Eggs.

See they be fine and new laid; break them into a China Cup, and slip them into a large Saucepan of very clean boiling Water.

When half a dozen are nicely Poached, lay them regularly upon a Dish warmed for that purpose, and pour the Sauce over them.

7. *Eggs in Gravy.*

Set on a Saucepan with Water for Poaching some Eggs, and lay half a dozen fine new laid ones on a Dish ready.

Set on another Saucepan with a Pint of Veal Gravy, a whole Leek, some Salt and Pepper, and a Blade of Mace whole. Let this scimmer away while the Eggs are preparing.

When the Water boils for the Eggs, throw in a little Salt, and a quarter of a Pint of Vinegar.

Break the Eggs one by one into a China Cup, and slip them into the boiling Water.

Set a Dish to warm, and as they are poached, lay them in the Dish; one in the Middle, and the others round it.

When they are all in, take off the Gravy, hold a Sieve over the Dish of Eggs, and pour in the Gravy; by this Means it will be clean, and will fall regularly over the Eggs; send them up garnished with hard Eggs quartered.

8. *A Bacon Amlet.*

Cut some thin Slices of the lean Part of a fine boiled Ham, mince them very small, and set them by.

Cut some Parsley fine, and mix it up with some Pepper and Salt: Break eight Eggs and beat them up well; put in the Parsley, and Pepper and Salt, and then a Couple of Spoonfuls of Cream, and half the minced Ham. Beat all this very well together, and then fry it brown.

Chuse a Dish so big as to hold the Amlet, and not let it touch the Sides: Lay it in this, and lay the remainder of the minced Ham round it.

While this is doing, cut some slices of Gammon of Bacon; beat them well, and then toss them up with some melted Bacon, Flour, and good Gravy: When all this has stewed together some Time, put in half a Spoonful of Vinegar, and strain it off; pour this into the Dish with the Amlet, and send it up hot.

9. *A Ragoo of Ham, with Sweet Sauce.*

Set on a quarter of a Pint of good Port Wine, a Spoonful of Water, and a stick of Cinnamon; let it boil up once or twice, then take out the Cinnamon, put in a Spoonful of the finest Sugar powdered, and half a Tea Spoonful of white Pepper beaten: And when these have boiled up once, add a Table Spoonful of grated Macaroon. This is the Sauce.

Cut some very broad and thin Slices of raw Ham, toss them up in a Saucepan till they are thoroughly done, then lay them handsomely in a small Dish, and pour the Sweet Sauce over them; just as they are going up, squeeze in half a Seville Orange.

10. *Lambs Trotters Forced.*

Set in readiness some Veal Forcemeat.

Boil two Pair of Lambs Trotters, and when they are pretty well done, take them up, split them lengthwise, and take out the Bone.

Fill them up with the Forcemeat, and beat up three Eggs.

Dip the Trotters in the Eggs, and then fry them brown. Garnish them with fried Parsley, and if any Sauce be sent up with them, it must be Veal Gravy, but they will do without.

11. *Marrow Fritters.*

Chuse some fine sound Apples that are not too sharp in the Taste, pare them, take out the Core, and mince them very fine.

Mince a good Quantity of Beef Marrow, twice as much as there is of the Apple, and put to these mixed together, some fine powdered Sugar.

Set on a Pan with some clarified Butter; wrap up these Ingredients in Puff-paste, and fry them brown: Strew some powdered Sugar over them, and let the Dish be hot. Send them up without any other Addition.

12. *A Pearch Ragoo'd.*

Chuse a moderately large and fine Pearch, gut it, and lay it on a Gridiron; when it is half broiled take it up, and with a careful Hand take off the Skin.

Set on a Saucepan with half a Pint of Fish Broth, put in an Onion stuck with Cloves, a Bay Leaf, some Sweet Herbs, and some shred Parsley; and season it with Pepper and Salt.

Let these boil up a little, then pour in half a Pint of white Wine; set on a small Stewpan, and put into it about two Ounces of Butter rolled in Flour: When it is getting brown, pour it into the Saucepan to the Wine and Gravy; pour the whole after it has had a boil into a very small Stewpan; lay in the Pearch, and let it scimmer very gently till the Fish is done enough, then take it from the Fire. Take out the Pearch carefully, so as not to break it, lay it on a small Dish, and strain the Gravy over it through a Sieve.

This is a Dish of no great Expence, but it is a very Elegant one. A Brace of Pearch may be done with the same Trouble as a single one, but we are here speaking of the smallest Dishes.

The French who generally outdo the Matter on these Occasions, put a Raggoo of the Fish kind into the Dish with their Pearch; those who chuse to imitate them so Exactly may find Receipts for these Raggoos in the proper Parts of this Work, but the Way here described is preferable greatly.

The Pearch is a Fish of a particular fine Taste in it self, and its Flavour is improved by the Wine and
other

other Ingredients here directed ; but when we come to add whole Raggoos of different Ingredients to this, the proper Taste of the Fish is lost, and it might as well be any other. This is a general and universal Observation.

13. *A Ragoo of Coxcombs.*

Pick and clean half a Pound of Coxcombs, put them into a small Saucepan, put to them a Bunch of Sweet Herbs, some Mushrooms cut fine, and some melted Bacon ; season this with Salt and Pepper, and toss it up over a gentle Heat.

Then pour in a little Gravy of any kind, and covering it up, set it over a gentle Fire to scimmer and stew slowly.

When the Coxcombs are Tender, take out the Bunch of Sweet Herbs, and take off the Fat ; and pour it into a small Dish, garnished with small Pieces of sliced Lemon. The French make this Ragoo more expensive by the Addition of Truffles, and more troublesome by the mixing some Cullis of Veal and Ham with it: In great Families where these Things are in Readiness, there is no Reason why they should not be used, but the Ragoo is a very good, and a very genteel Dish without them.

14. *Livers Ragoo'd.*

Take four or five Livers of large fat Capons, or other large and well fed Fowls ; these are what the Cooks call fat Livers ; separate the Gall carefully, and throw them into a Saucepan of boiling Water to blanch them.

Throw them out of this into a Basin of cold Spring Water.

Set on a small Saucepan with some melted Bacon, throw in a few Button-Mushrooms, a Bundle of Sweet Herbs, some Salt and Pepper, and lastly the Livers ; toss them up in this, then pour in a little good Gravy, and set the Saucepan to scimmer over a gentle Fire.

When

When the Livers are done, take them out, lay them in a Dish, and strain off the Gravy; pour this over them, and send them to Table garnished with Seville Orange in Slices.

S E C T. II.

Of CONFECTIONARY.

ALTHO' we are not yet arrived at the Season when the Fruits come in for the Service of the Confectionary, yet there are some farther Articles under the Head of Creams, and the like, which are to be added here.

A R T. I. *Italian Cream.*

Put into a Silver Saucepan a Quart of Milk, add to it a little Salt and a stick of Cinnamon, and some powdered Sugar; boil it up two or three Times, that the Sugar may be thoroughly melted, and the Milk get the Taste of the Cinnamon.

Break five new laid Eggs, separate the Whites, and mix the Yolks very carefully with the Milk; strain this three or four Times thro' a Sieve into a Dish, place the Dish the last Time in a Baking Cover very steady, and put the whole into it, then put Fire over and under it, and continue the Heat till the Cream is of a right Thickness; then serve it up.

2. *Cream Toasts.*

This is the Dish which the French call Pain Perdu; Lost Bread.

Chuse a Couple of nice and well baked French Rolls; cut them thro' in Slices as thick as ones little Finger, Crust and Crumb together.

Lay

Lay these in a clean Dish, and pour upon them a Pint and Half of Cream.

Mix together some of the finest Sugar powdered, and some Powder of Cinnamon: Dust a little of this over the Slices of Bread; when they have lain a little Time turn them: Dust on some more of the Spice and Sugar, and proceed thus till they are very well soaked.

When they are thus tender, get a Slice under them, and take them carefully out without breaking.

Break half a Dozen Eggs, rub the Bread all over with the Egg, and then fry it in clarified Butter.

There is no great Difficulty in this Dish, but there is required a great deal of Care; otherwise the Sops will be broke or burnt, which would spoil all. They must be fried to a good Brown, and kept whole.

Drain the Butter very well from them, and place them in a small Dish, putting Sugar round them; and serve them up hot.

3. *Gooseberry Cream.*

We are just getting into the Season when the Use of Fruit is coming in, and shall here begin with the earliest.

Put a Quart of Gooseberries into a Saucepan, with just as much Water as will cover them, scald them, and then with a Spoon force the soft Part thro' a Sieve.

To a Pint of this Pulp beat up three Eggs.

While the Pulp is hot, put in a Piece of Butter as big as a Walnut, and as much Sugar as will sweeten it agreeably; when this is done, put in the Eggs, and mix them carefully with the Pulp, stir the whole again over a gentle Fire for a few Minutes, and then set it by to cool; just as it gets cold, put in a Spoonful of Spinage Juice, or green Wheat Juice, and a Spoonful of Orange-Flower-Water; then send it up.

S E C T. III.

*Of Pickling and Preserving.*A R T. I. *To Pickle Artichoke Suckers.*

THE Artichoke just at this Season produces those young Fruit which are fit for Pickling, and the Housekeeper is not to miss the first Opportunity of doing it, for none that can be got in the succeeding Part of the Year, will be so perfectly tender.

The Artichokes must be cut for this Use while small, and before the Leaves grow hard; and they must be pickled in this Manner.

Wash them carefully, and pick away any Thing that may hang about them; pare off the hard Ends of the Leaves, and lay them in an earthen Pan.

Set on a Saucepan of Water, with a Nip of Salt in it; when it boils, pour it upon the Artichokes, and cover them up.

Open the Pan at Times to stir them about; and when they are pretty well scalded, take them out, and lay them to drain.

Have a large Glass ready for them, and when they are quite cold and drained, lay them carefully in, putting between and among them some Pieces of Mace, and some shaved Nutmeg.

Fill up the Glass with distilled Vinegar, and set it by.

2. *To Pickle Artichoke Bottoms.*

Chuse for this Purpose some Artichokes which are grown to their Bigness, but are tender and very fine, set them on in a Pot of Water, and when they are tollerably well boiled, take them up.

Pull off all the Leaves softly and carefully, that the Bottom may be left as entire as possible: Then take off the Chokes, and observe that the Knife do not any Way touch the Artichoke Bottom, because it is certain to spoil the Colour.

While the Artichokes are picking, put into a large earthen Pan some Spring Water, and a little Salt; as they are picked, put them carefully into this; and when they are all in, let them lay an Hour.

When they are taken out of this Water, let them be laid to drain; and when dry, place them regularly in the Glafs or Jar where they are to be kept; put in among them some Blades of Mace, some shaved Nutmeg; and pour in as much fine Vinegar as will cover them, and half a Hands-breadth more; then pour upon it some melted Mutton Fat; and when all this is cold, tye over the Glafs or Jar with a wet Bladder first, and then with Leather.

3. *English Bamboo.*

There is a fine and much esteemed foreign Pickle, which is made of the tender Shoots of the Bamboo Cane, and in England an Imitation if it may be made with young Shoots of Elder. They are as Tender, and by that Time they have been four or five Months Pickled, are very little different in Taste. They are to be done thus.

Cut some of the fine young Shoots of Elder, that appear toward the end of May.

Mix up a strong Brine of Salt and Water, and set it by you in a Pan. Cut the Shoots into Lengths, and Peel them carefully; as they are peeled, throw them into the Water, and let them lie there four and twenty Hours.

Then take them out, wipe them with a Napkin, and lay them to be perfectly dry on the outside.

While they are drying, prepare the Pickle thus. Mix together equal Parts of White Wine and Beer Vinegar; and to two Quarts of this, put two Ounces

of white Pepper, two Ounces of Guinea Pepper, and three Ounces of sliced Ginger; half an Ounce of Mace, and the same Quantity of All-Spice.

Set all upon the Fire, place the Shoots regularly in a large Jar, and when the Pickle boils, pour it upon them.

Stop the Jar with a Bung, and set it before the Fire to keep it hot, for two or three Hours, often turning it about, that it may every where heat equally. Then set them away to cool, and tie the Jar over for keeping.

4. *To Preserve Asparagus.*

Set on a Saucepan with a good Quantity of Butter and some Salt; cut off the white Ends of the Asparagus, and when the green Part is cleaned and scraped, put it into the Butter, let it boil up for three or four Minutes, and then put it into a Pan of cold Spring Water.

Let them remain in the Water till quite cold, then take them out, and lay them to drain till quite dry.

Place the Asparagus regularly at its length in a Pan, and strew in some Salt, some Cloves, and Slices of Lemon.

Mix an equal Quantity of Vinegar and Water, and pour upon them: Then lay a Piece of Linnen Cloth two or three Times doubled over them, and pour upon this some melted Butter.

This will preserve them without letting in the Air, so that they will keep their Colour. They will keep the Year round, and may be at any Time dressed, as if fresh gathered: They will also look very well at their Length among a Variety of Pickles.

5. *To Preserve Artichokes Moist.*

Boil up a large Quantity of Water with some Salt, and set it by that the Foulness of the Salt may settle to the Bottom; and then pour off the clear Brine into a large earthen Pan.

Set on another Pot of Water without any Salt; when this boils, put the Artichokes you intend to preserve into it, and let them boil till they are so far softened, that the Choaks may be got out.

This done, wash them in two or three Waters, and when they are perfectly clean, put them into the Pan of Brine; cover them in the Brine, and pour on it a good Quantity of melted Fat, so that the whole Surface may be covered a Finger's-breadth Thick.

Then tie over the Pan with a large wet Bladder, and cover that with a Piece of Leather. Set it in a Place where it may stand quiet, and lay a Board upon it, to prevent any ones shaking it, which might break the Fat, and let in the Air, and the Brine then could not preserve them.

Artichokes will keep thus all the Year round, and when they are to be used, they must be taken out some Time before, and steeped in fresh Water; this and the boiling will take out the Saltness of the Brine, and they will eat nearly as well as when fresh.

Some put Vinegar to the Brine that is made for them, but it is of no Use in the preserving of them, and it is liable to this Disadvantage, that they get a Relish from it, which the boiling does not take away.

6. *To preserve Artichokes dry.*

Set on a large Pot of Water, and when it boils throw in the Artichokes; let them lie so long that the Choaks can be taken out, and then take them up.

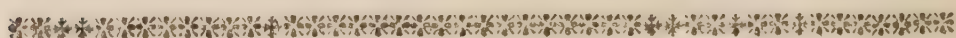
When the Choaks are out, let them be laid to drain; and when they are perfectly dry, let them be put into a moderate Oven, and kept there till they be as dry as Wood: Then keep them in a dry Place, and they will remain good throughout the Year. The Way to use them is this; two Days before they are to be eaten, put them into a large Vessel, and pour upon them some warm Water; let the Vessel stand in a warm Place, and let the Artichokes lie in it two

Days; in that Time they will grow soft and tender, and will appear perfectly fresh.

They are then to be boiled in the common Way; only less Time will do them, because of the soaking.

They eat very well, but not like such as are fresh gathered.

The Use of these Things is to give Variety at Seasons when they are not to be had otherwise, and at these Times they always surprize the Company; and this is one of the Points at which a complete Cook aims.



S E C T. IV.

Of Brewing and Liquors.

C H A P. I.

Of Wines.

WE have given Directions for the making of some of those Wines which, from their being produced by an artificial Method here, are called *Made Wines*; and we shall deliver the Receipts for many more in the Course of this Work; but at present we shall endeavour to set that Matter of Made Wines in a better Light to the Housekeeper and Housewife than they generally stand, and shew her how she shall preserve her Wines from the Faults so common in those made by the Generality of People, and recover the Credit of the Made Wines of England.

The Made Wines of this Country lie under some Discredit at present, and this, which is owing only to the Mistakes of those that make them, is commonly charged upon the Nature of the Thing itself.

I have tasted many of these Wines in different Families here at Bath, and round the Country, and most of them very unpalatable; but then I have been able to shew Wines of my own making that had not any of these ill Flavours, as many are ready to testify.

In the same Manner I have heard of the Unwholesomeness of Made Wines; but I never found it in my own, nor have any of those complained that drank them, and we have some here who have drank very freely of them.

I have been told of Headachs and Gripings in the Bowels, and many other Complaints in particular attending upon the drinking of them; but I have used myself, and many of my Friends, to my own Wines, and we find no Sort of Disadvantage from them.

What I shall endeavour therefore in the succeeding Part of the Work under this Head is, freely and candidly to lay before the Publick the several Methods I have used, and the particular Cautions I have observed on the different Heads; that every Family who pleases to be at the same Pains may have their Wines as pleasant and as wholesome as mine.

Sugar is the Basis or Foundation of all Wines, from the richest of the Foreign, to the plainest of the English Made Wine.

A great deal of Sugar may be procured from the Juice of Grapes; and the Birch Juice, which we make into Wine, may be boiled up to Sugar. In the same Manner there is a Kind of Maple in the West-Indies, the Juice of which in some Places is made into Sugar, and the Tree is thence called the Sugar Maple; and in other Places the same Juice is made into Wine. The sweet hardened or candied Substance we find upon Raisins, which are dried Grapes, is also Sugar.

I name this to shew the Error of those who think our Wines cannot be good, because many of them are made of Sugar; we see by this that Sugar is properly
and

and truly the Foundation of all Wines; and if we examine their Flavours in the same Manner, we shall find they are as easy to be given to our Made Wines, for they are almost all artificial.

The Art of the Wine Cooper is kept the greatest Secret of any Business whatsoever; if their Practices were a little more known, we should find no Difficulty in giving Body and Flavour to our Made Wines; for most of what comes out of their Hands is little better.

They know what their Customers expect, and they know how to give the Flavour; that is all.

The Wine Cooper knows People like Port to be deep coloured and rough, and he knows how to give it that Taste and Colour; for the true genuine Wine of Oporto is not of that Sort: Every one knows genuine Port Wine is quite a different Thing from what is commonly sold under that Name; therefore the Colour and Taste, and also the Brightness, and in some Degree the Richness of Port Wine, are owing to Ingredients put in here, and the Art of the Cooper. We may find what those Ingredients are, and imitate that Art in putting them together: This is what I shall endeavour to lay down in the following Sheets, and we shall then find it no Way difficult to give Body, Flavour, and Colour to our Made Wines; nor will they be unwholesome any more than those common at Taverns.

The Wine Cooper makes Sack and Mountain as well as Port, and we may imitate him in these as well as the others.

If it be true that these People use Arsenick and other poisonous Ingredients, those we shall avoid; but in that Case it is very plain whose Wines will be the most wholesome, those at Taverns or ours: If they can only be brought to Perfection by such Means, we had rather ours remained imperfect; we had rather they should be inferior in Quality than poisonous.

The great Art in making Wines in England is to get the Liquor first to a proper Consistence, and then to give it a due Fermentation. Those who go about these Things are ignorant of the first Principles, and that is the Reason they miscarry.

The Housewife knows how to try the Strength of her Brine by an Egg's swimming upon it; she little thinks the same Care is necessary for the preparing a Liquor for making of Wine: This is a much nicer Thing, and therefore ought to have more Exactness; but it is neglected.

I shall here lay down a Rule that is universal, and will serve for many Purposes in making of Wine; it is this: That the Liquor be tried the same Way. Any Liquor is fit for making a strong Wine that is of the sugary or grapy Kind, and is rich enough to bear a new-laid Egg; and if not so rich it is not fit.

Many of the Juices that are used for making Wines are too thin for this, and these all miscarry for that very Reason: This should be the first Trial, and if they do not bear the Egg, they must be boiled away till they will, and then they are fit for working.

C H A P. II.

Of plain Sugar Wine.

TAKE two Hundred and a Half Weight of double-refined Sugar, put this into a Wine Pipe, that is, a Vessel holding two Hogsheads, and pour in Water till it is within about four Gallons of being full.

The best Water is pure Spring Water.

Set this in a Wine Vault, and add four Pounds of fresh Wine Yeast, if that be to be had, if not, the same Quantity of good Ale Yeast will do very well.

Let the Vessel stand undisturbed, and the Liquor will regularly ferment, and after that will be a Kind
of

of Wine; it will have a good Body, and will taste clean, but without any particular Flavour, neither will it have any Colour. This will receive the Flavour of any Fruit whatsoever, by mixing a Part of the Juice of the Fruit with the Sugar among the Water, and a Piece of Turnsole will give it a very good Colour, a fine deep bright Purple, such as many admire in Port Wine.

This is a very short, plain, and easy Manner of making any of the Fruit Wines; and as to the Flower Wines, they may in the same Way be made by only throwing a large Quantity of the Flowers, suppose Clary, Cowslips, or whatever, with the Water: Thus the Sugar Wine, which has naturally no great Taste of its own, will receive their several Flavours; and being pure and clean, they will be finely tasted in it.

As we have named Turnsole for giving the Colour to the red Wine, it is fit to shew what the Wine Coopers use for the yellowish; as Sack, Mountain, and the like; this is Saffron Paper: A few Sheets of this give the proper Colour to a Hoghead; and both Saffron Paper and Turnsole are very innocent Ingredients.

Here therefore is a short Account, and a very plain one, of a great Article in the Wine Cooper's Mystery; and at once a Method of making most of the common Wines, with less Trouble and more Certainty than the Methods usually known.

We have shewn in the preceding Numbers, speaking of Made Wines, how they are to be kept, and when bottled: To avoid Repetitions, we refer thither for the Particulars, and have given this as a Practice that explains and exemplifies, in a Manner, the whole Matter at once.

The judicious Housekeeper, who sees how easily this is to be done, will smile at long Receipts, and the Detail of Ceremonies laid down in most Books. We shall for the Sake of Plainness lay down particular
Methods

Methods for particular Fruit Wines, as they come into Season in the two or three following Months; but if no other Receipt than this and the following had been given, the good Housewife of an intelligent Mind, could not have been much to seek for the making any of the numerous Kinds of English Fruit, Flower, or Juice Wines.

A R T. I. *Malaga Raisin Wine.*

We propose here to lay down the easy and familiar Way of making this excellent Wine, to which many Things may be added in the same Manner as to the Sugar Wine, but this is perfect without them.

Chuse some fine, whole, and sweet Malaga Raisins, put a Quarter of a Hundred of them into a small Cask, and pour upon them seven Gallons of cold Spring Water, cover this slightly, and set it in a warm Place; let it keep there some Weeks.

The Water will swell and burst the Raisins, and the whole will ferment; there will be a hissing Noise, and a Froth at the Top.

When this is over the Liquor is to be managed as we have before directed, keeping it a proper Time in the Cask, and then bottling it; and it is a pleasant wholsome Wine, which may be improved in Colour by being tinged to a light yellow with Saffron Paper.

The Time of the Wine's standing should be about five Months; it is then to be drawn off into another Vessel, and in three Months more it will be fine and fit for bottling; or it may be drawn off in a Decanter as used.

The best Time to put in the Saffron Paper is when it is drawn into the second Cask, and a small Quantity is sufficient; this not only gives an agreeable Colour like Mountain, instead of the watery Whiteness of the common Raisin Wine, but it helps the fining of the Wine, and gives it a pleasant Flavour.

One Caution must be given the Housekeeper in this Case, which is, to take particular Care the Saffron Papers are good and genuine ; they should be bought of the People who cure the Saffron : They have a good Smell when genuine, and a deep Orange red Colour : Too many counterfeit them, and those will give the Wine an ill Taste.

The right Saffron Papers are what cover the Cakes of Saffron in the drying, but the others are stained with Turmeric.

2. *Raisin Vinegar.*

This comes so naturally after the preceding Article, that we could not avoid giving it in this Place ; and it comes also so cheap that the Housekeeper should not decline making it when she makes the other.

When the Wine is drawn off in the foregoing Manner of making Raisin Wine, there will remain a Quantity of Grounds or Lees, and the Skins and other Fragments of the Raisins ; for the Quantity of these set on four Times as much Water, and when it is boiling hot pour it upon them in the Cask ; cover the Cask lightly, and set it in a warm Place, and there let it stand without being disturbed for some Weeks : Nothing more is needful, for the Liquor will in that Time of itself become Vinegar, well-bodied, sound, and sharp.

Let this be drawn clear off from the Bottoms, and bottled or kept in a Jar or Cask for Use : It serves excellently for the larger Pickles.

The same Caution is needful to this as to Wine, in drawing it clear from the Lees or Bottoms ; for otherwise it will very soon decay. If the Settlings be left in any of these Wines or Vinegars they will grow muddy and dead, and will never come to any Thing again whatever Care be used.

The great Article for preserving Wines and Vinegars is to get them very clear from the Lees, and to stop them close so as to keep out the Air, for those are the two Things that bring them to decay.

The

The Vessel must not be stopped close while they are fermenting, for then it would burst; but when that is over, and the Liquor is grown quiet, then the Business is to preserve it in the Condition it is in; and this is only to be done by racking it fine and keeping it close from the Air; bottling is the securest and best Method, and in this the proper Care is to see them well corked.

When Convenience does not allow of this, they must be kept in sound Casks, and the Casks must be full.

These are what we have thought proper to deliver in this Place, as the general Rules and universal Cautions to be observed in the making of Wines, which we shall bring into Practice in the Observations on the next Month, when the Summer Fruits begin to come in. This will serve as the general Method, and they who properly understand this, will be able to conduct themselves in all the rest with Safety and Discretion.



S E C T. V.

Of DISTILLING.

C H A P. I.

Of Spirits in general.

AS we have shewn in the preceding Section the Method of making Wine and Vinegar from Raisins, we shall begin this with the Way of procuring Brandy from the same Materials: This will be a very fine and well-flavoured Spirit, and will answer all the Purposes of Spirits of every Kind. When made of the common Strength of Brandy, which we

call *Proof Spirit*, it serves for distilling many Cordial Waters. When made double that Strength, by rectifying it, is what we call Spirit of Wine; and in that State is fit for making Tinctures, and all other Uses, much better than what is bought under that Name: That, tho' called Spirit of Wine, is really made of Malt, which gives it a disagreeable Flavour: This is perfectly sweet, and in every Respect preferable.

As the Method of distilling this will lead the careful Housekeeper to the understanding the Distillation of spirituous Liquors in general, such as the Cordial Waters, Spirit of Lavender, and the like, we shall lay it down particularly here. The Want of a little of this general Knowledge of the Nature of the Thing is what spoils the Family Cordial Waters, in the same Manner as the Family Wines are spoiled for Want of some general Informations on that Head; for though the Apothecaries Cordial Waters excel the Ladies in Clearness and Flavour, it is owing only to their being more acquainted with the Art of Distilling; the Ingredients are generally more faithfully and carefully prepared in the Ladies.

This needful Knowledge of Distillery we have in Part inculcated in one of our first Numbers, and shall take this Opportunity of illustrating what we have said there, by Examples in the Distillation; first to the Spirit itself, and then with the Addition of such Ingredients as compose the other favourite Kinds of Cordial Waters.

C H A P. II.

Of Raisin Brandy.

POUR into a common Still three Gallons of the Raisin Wine, new made, according to the Direction given in the preceding Section; give a moderate Fire, and there will come over a strong spirituous Liquor.

Taste

Taste and try this at Times, and so long as it is strong let it run into the Vessel.

When that is over remove the first, and place another Vessel under; this will receive the latter Runnings, which should be saved so long as there is any Thing spirituous in them; this will partly be discovered by their Taste, and more certainly by their burning.

A good Way to try this is to throw the Liquor that comes over upon the Still Head hot as it is in the working; so long as there is any Spirit in it 'twill take Fire, when it does not the spirituous Part is all come over, and the Fire may be taken out.

The Housekeeper who has managed carefully will now have two Sorts of Spirit, a stronger and a weaker.

These may be kept separate for different Uses, or distilled together over again; or the first may be distilled alone, and the other kept for separate Purposes.

As the Strength of the first Spirit is uncertain in this Way of simple Distillation, the most useful Method of proceeding is to distil it again to a certain Degree of Strength.

We have Uses for Spirits, as before observed, of two Degrees of Strength; the one equal to common Brandy, which is what is called the Proof Spirit, the other of double that Strength, which is what we call Spirit of Wine; this will all burn away when set on Fire, whereas the Proof Spirit will only burn away in Part, being half of this Strength, and consequently half Water.

The strong Spirit made by this Distillation will be true Spirit of Wine, the others generally sold under that Title having no Right to it.

To bring the Spirit obtained from Raisin Wine to a Proof Strength put it into the Still again, either alone or with the latter Runnings; make a moderate
Fire,

Fire, and observe what comes off: When it is somewhat stronger than Brandy in the whole, and the Runnings have little Spirit in them, take it away, and add to it a little Water. Put some of it into a long slender Phial, and shake it briskly, or give it a stroke upon your Hand; observe the Bubbles at the Top of the Liquor, they should be moderately large, and stand a good while; when they are large and go off quick, and the Liquor is perfectly clear, it is too strong and requires a little more Water; but let this be put in gently, and by small Quantities, till the Head stands a long Time: If too much Water be put in, the Bubbles will be small, and go off quick, and the Liquor will not be so clear.

This is best tried in a small Quantity in the Phial first, that it may be perfectly understood, and then it will be easy to bring the whole to a right Strength.

When it is too strong a little more Water brings it down; and when too much, if such a Thing happen, by putting in the Water too hastily, then it is only to be remembered every Time it is used: A little more of it is to be put into the Still than is ordered in the Receipt, and the Water will be of a proper Strength, as if the Spirit had been ever so right before.

C H A P. III.

Spirit of Wine.

WE have shewn what is meant by Spirit of Wine, that is a Spirit twice as strong as Brandy, and which on being set on Fire, will all burn away: This is what is called All-hot, and it is thus made.

Put a Gallon of the Proof Spirit made as before directed into a Still, and make a small Fire under it, distil off two Quarts, or a very little less than that Quantity, and it is what we mean by Spirit of Wine. Set it by for the Uses directed hereafter. Having thus shewn the Nature of the different Kinds of Spirit,
and

and directed those who please to make them, and others to buy them properly, for the several Purposes, we shall proceed to their Use in the several Compositions, prefixing this general Caution to the Buyers, that Proof Spirits should never be accepted but when it answers to the Description of the Head ; and that Spirit of Wine is not of a due Strength unless it will all burn away.

C H A P. IV.

Of Cordial Waters.

A R T. I. *Wormwood Water.*

CHUSE some fresh and fine Seville Oranges, peel them thin, and take of the fine yellow Rind thus pared fresh, four Ounces ; cut it fine and put it into a Still ; bruise four Ounces of Cinnamon, and put to it ; and add four Ounces of fine Calamus Aromaticus Root sliced also, and a little bruised : Add to these fresh Leaves of Roman Wormwood half a Pound, and Tops of Spearmint four Ounces ; cut an Ounce of Mace small with Scissars, and bruise an Ounce of the lesser Cardamum Seeds with their Husks ; put these to the rest in the Still, and pour on two Gallons of Brandy or other Proof Spirit.

Put on the Head of the Still, and close it round with Paper, stop the Nose of the Worm, and let all continue thus four Days.

Then open the Still, and put in a Gallon of Water.

Close it up again and make a gentle Fire ; let the Liquor warm gradually, but when it is come to work, let the Liquor be kept running in a continued Thread, till there is come over three Quarts and Half a Pint : Take this away, and add a Pint and Half of Water ; the whole will then be of the Strength of Brandy, and will make an excellent Cordial Water.

The Receipt is taken from the Edinburgh Dispensatory, and it is worthy to be kept in every Family.

It

It is Cordial and Stomachick ; excellent to chear the Spirits, and to take after any Food that has disagreed with the Stomach. It will in this Case take off the Sickness, and will prevent fainting.

We may observe on this Water in particular, what should be kept in Remembrance on every other Occasion, which is that a great Part of its Virtue and Efficacy, depend upon a careful Choice of the Ingredients, and that Errors or Carelessness in this Respect, rob the Medicines of their Virtues, and are much more common than is imagined.

In this particular Water there are two Ingredients frequently mismanaged ; these are the Roman Wormwood, and the Calamus Aromaticus.

As to the first, a different Plant is frequently, nay commonly sold under its Name ; and as to the other, the English wild Kind is used by some, tho' greatly inferior to the right foreign Sort.

The Apothecaries constantly use the wild Sea Wormwood when Roman Wormwood is ordered ; tho' this Sea Wormwood is a disagreeable Bitter, and the true Roman Kind is a fine Aromatick, as well as Stomachick. The true Roman Wormwood is very common in Gardens, but not used ; it may always be had of the Nurserymen, and a good Root planted in Spring, will spread over many Yards of Ground by the End of Summer, and stand for ever. We advise the Housekeeper to have this in her Garden, and always to use it when the Roman Wormwood is ordered, either in Distillation or for Bitters.

As to the Calamus Aromaticus, it is the Root of a Kind of Flag, brought dry from warmer Countries : One Mr. Blackstone an Apothecary in Fleet-street, some Years since discovered that the same Plant was wild in England in many Places, and publishing this in a Catalogue of the Plants growing wild about *Harefield*, the Place of his Nativity, others observed it in other Places, and the Druggists in London are since that Time in a great measure supplied from our

own

own Ditches with a Root they used to receive from abroad. They will favour the Cheat because it comes cheaper; but a Fraud, and a very great one it is, to sell this under the Name of that Drug; for tho' the Plant be the same, the Root is raised to a much greater Degree of Fragrance and Virtue abroad, than in our cold Climate.

We see the same in Angelica, the Root of our own growth is very good fresh; but the dried Root of the Spanish Kind is vastly preferable; it is ten times sweeter. The Plant is the same there and here, but the Root obtains more Virtues from the Heat.

2. *Compound Anniseed Water.*

Bruise in a large Mortar half a Pound of Anniseeds, and the same Quantity of Angelica Seeds dried; put them into a Still, pour on them a Gallon of Proof Spirit, and three Quarts of Water. Fix on the Head, make a brisk Fire, and distil off three Quarts and three Quarters of a Pint. Add a Pint and a Quarter of Water, and set it by for Use.

This has all the Virtues of common Anniseed Water in dispelling Wind, and is besides a great Cordial.

It is also much pleasanter than the common Anniseed. No Water is better than this against the Cholick, and any Sickness arising from Victuals disagreeing with the Stomach; none better when going into a bad Air.

A Tea Spoonful of this Water put into half a Pint of an Infant's Victuals is very good against the Wind, with which those tender Creatures are frequently tormented.

3. *Stomachick Water.*

Beat to a gross Powder four Ounces of Vintners Bark, put this into a Still, and pour upon it a Gallon of Proof Spirit: Pare some fine Lemons very thin, and cut to Pieces two Ounces of the Yellow Rind, add

this to the Ingredients in the Still, and then put in an Ounce of small Cardamum Seeds bruised.

Cover up the Still, and let the whole stand two Days; then open it, pour in three Quarts of Water, and closing on the Head, make a moderate Fire. Distil three Quarts and three Quarters of a Pint, and add a Pint and Quarter of Water: This is excellent against any sudden Sickness, and against that Coldness of the Stomach that often breeds Wind.

4. *Cardamum Water.*

Pick four Ounces of the lesser Cardamum Seeds from the Husks, bruise them a little, and put them into a Still with a Gallon of Proof Spirit, and two Quarts of Water; close on the Head, make the Fire, and draw off three Quarts and a Pint: Add a Pint of Water, and set it by for Use.

This has the same Virtues with the former against Wind, and Coldness of the Stomach, and is stronger to the Taste, but not so pleasant.

There is a Flavour in this Water like Spirit of Wine and Camphire. This appears particular to many, but it is not wonderful to those acquainted with the Nature of these Seeds: The ingenious Dr. James Parsons, who four or five Years since published an Account of various Seeds viewed by the Microscope, a Work not received so well as it deserved, shewed by that curious Examination, that there is in every Seed of Cardamum, a Lump of real Camphire.

5. *Juniper Water.*

Bruise together an Ounce and Half of Carraway Seeds, and the same Quantity of Sweet Fennel Seeds; put these into a Still, pour a Gallon of Proof Spirit upon them, and add a Pound of Juniper Berries whole: Last of all, add three Quarts of Water, and then close the Head of the Still.

Make a moderate Fire, and draw off three Quarts and a Pint, and add a Pint of Water; mix this by shaking, and set it by for Use.

This

This is Good in Flatulencies and Pains in the Stomach and Bowels, occasioned by Wind. It also operates by Urine.

6. *Nutmeg Water.*

Bruise slightly two Ounces of Nutmegs, and put them into a Still with a Gallon of Proof Spirit, and two Quarts of Water; close on the Head, make a gentle Fire and distil seven Pints; add a Pint of Water and set it by for Use. It is Cordial and Carminative, good in any sudden Sickness at the Stomach, and in Cholicks.

7. *General Rules for making Cordial Waters.*

To these several particular Receipts for Cordial Waters, we shall add some general Rules that should be always kept in Mind by the House-keeper, and will give her credit in this Respect.

The Use of French Brandy is not necessary for these Waters or any other; no Spirit is better, but those of less Expence will serve: All the Care to be taken is, that the Spirit be of a due Strength, and that it have no particular Smell or Taste of its own; because in that Case it will give them to the Water.

For this Reason Melasses Spirit is preferred, because being made of Sugar, it is without Smell, whereas Malt Spirit, which is cheaper, is very offensive: In the second Place, she must observe to let the Spirit and Ingredients stand a longer or shorter Time together, according to the Nature of those Ingredients. Such as are light and fine, as Seeds and Aromatick Herbs may be distilled immediately when put together, as the Nutmeg Water, Cardamum Water, and the like; others should stand a longer Time to draw a Tincture, as the Wormwood Water, in which there is a hard Root, and some Plants of a firmer Texture.

Thirdly this, to regulate the Fire according to the same Rule; the lighter Ingredients requiring a lesser Heat, and the firmer and heavier a greater.

In this she is to be guided by the Time it is proper to let them stand together. Such as are to be worked off immediately, should have a very gentle heat, just so much as to keep the Spirit running in a Thread; the others should have a stronger Fire in proportion to the Time needful for their standing to take a Tincture: Thus in directing this time of standing, the other is implied without farther Care or Repetition.

Lastly, she is to observe never to draw off so much as the Spirit that was put on, but to make up the distilled Liquor to that Quantity with Water. All Vegetables have two Kinds of Oils in them, a finer and a coarser; the finer is all that should rise in the Cordial Water, the other is nauseous. This fine Oil always rises first, and the other never till the faint Part of the Spirit, which has itself also a disagreeable Flavour arising from the Oil of the Spirit wherewith it is made; these two ill Tastes coming together, are the utter destruction of the Water in Point of Elegance.

This Caution is the more needful to be given, because it is continually transgressed in the Country Distillations, and by too many Apothecaries; they think they shall lose a Part of their Quantity, if they do not let it run to the last Drop of the Spirit; and therefore they take in the Faints of the Still, and the coarse Oil of the Plant; but this is a Mistake, for they will have the same Quantity of the distilled Liquor, and of the same Strength, if they give over the Distillation in Time, and fill up to the Quantity with Water.

Some Ingredients bear distilling farther than others without sending up their coarse Oil; and this we have from repeated Experience brought into Practice, in the different Receipts here delivered; having ordered more to be drawn from such as are not ready to send up this disagreeable Oil, and less from such as are; the Water being afterwards added to make up in a pro-

proportioned Quantity, so as to bring all to the same Strength at last.

This is a Thing for which no general Rule can be given, it is only to be learned from Experience, and we therefore hope we have in this particular been of Use to the Distiller of every Denomination, in setting down the Result of our an Experience. All Cordial Waters may be sweetened if the Maker please, and in general it answers two good Purposes; it exalts the Flavour of the Ingredients, and makes the Water fine the sooner. The Quantity of Sugar may be at the Pleasure of the House-keeper, two, three, or four Ounces to a Gallon.

Some think they have a great Secret in fining their Cordial Waters, which they do by Whites of Eggs, Isinglass, and other Ingredients, but this spoils them in a great Measure, and where the Art of Distillation is understood, according to the Rules we have laid down, it is altogether needless.

Cordial Waters never are foul, but when they are drawn too low or weak: Let this therefore be avoided. The proper Strength is this, that the same Quantity of Water be made as there was of Spirit used; and where this is not drawn down from the Still, but made up with about an eighth Part of Water, the whole will presently be clear and fine. Some will look a little pearly or whitish at first, but the Sugar being put in, and the Bottle set by for a Week or ten Days, the whole will be as clear as the purest Rock Water.

The Taste of a Cordial Water is always influenced by the Clearness or Foulness; when it is perfectly clear there is a Fineness and Cleanness in the Taste, and it is pleasant; but in proportion as it is thick or cloudy, it always tastes foul.

C H A P. II.

*Of Simple Waters.*A R T. I. *Mugwort Water.*

CUT small three Pounds of the fresh Leaves and Tops of Mugwort, put them into a Still with two Gallons and a half of Water, let them stand all Night, and the next Morning distil off a Gallon.

This is not a pleasant Water, but it is excellent against Hysterick Complaints of all Kinds. A Quarter of a Pint is to be taken at a Time.

2. *Calamint Water.*

Cut small the whole Herb Calamint, weigh two Pounds and a half of it, put this into a Still with two Gallons of Water, and after standing all Night draw off a Gallon.

This is another of the Waters that are good in Hysterick Complaints; it promotes the Menſes, diſpels Wind, and is excellent in Cholicks.

3. *Water of Dill Seeds.*

Take a Pound of the Seeds of Dill fresh dried, bruise them in a Mortar, and put them into a Still with two Gallons of Water; distil off one Gallon. This is good against the Cholick, and in all Flatulencies.

The best Way of giving the Simple Waters, is mixed with the Cordial ones; the right Proportion being six Ounces of the Simple and two of the Cordial Water, which, sweetened with Sugar, or any cordial Syrup, makes a pleasant and wholesome Julep.

This is the best and most wholesome Way of using the Cordial as well as the Simple Waters, and from doing otherwise many who have taken the latter at first as Medicines, have got into a Habit afterwards of drinking them as Drams, from which they never were able to break themselves.

S E C T. VI.

Of Disorders and their Remedies.

THIS last Observation on the proper Use of Cordial and Simple Waters naturally leads into the Use of other Medicines, and to the Consideration of those Disorders to which they are appropriated: In this, as in the former Articles, we shall endeavour to be useful and plain, avoiding all obscure Words, and all uncertain Accounts of the Virtues of Medicines; the Health of the Reader is too important a Matter to be trifled with, either through Carelessness or the Ostentation of useless and idle Learning.

ART. I. *Against a violent Purging or Bloody-Flux.*

Mix together six Drams of burnt Hartshorn and three Drams of levigated Crabs Eyes, put them into a Saucepan with three Pints of Water; add fresh Roots of Comfrey and fresh Roots of Tormentil, of each two Drams; boil away a Pint, and then strain off the Liquor; pour it into a Quart Bottle thick, and add to it two Ounces of small Cinnamon Water, and an Ounce of Syrup of Diacodium.

This is to be shook up every Time it is taken. A Tea Cup full is the proper Dose, and it is an excellent Remedy when the Stools are so frequent that there is scarce any Intermission, and so sharp that they seem to cut the Passages.

This Medicine, at two or three Times taking, allays the Pain, and brings them toward a Stop. It may be taken once in three Hours, and the best Time for each Dose is just after a Stool. When they are less frequent the Medicine is less wanted.

2. *For a common Looseness.*

Set on three Ounces of the Raspings of Logwood, and two Quarts of Water, to boil for half an Hour; toward the End of that Time break in two Drams of Cinnamon; then set it by to cool, first straining it off.

This is a safe and excellent Astringent in common Cases. A Tea Cup full is to be taken four Times a Day.

3. *For a Swelling.*

Cut a Handful of the Leaves of Mallows very small, put them into a Saucepan with two Quarts of Water; add Elder Flowers, Camomile Flowers, and Melilot Flowers, of each half an Ounce, and of Fen-nigreek Seeds one Ounce; boil these together a Quarter of an Hour; then use it outwardly as a Fomentation, wetting Flannels in it warm, and applying them to the Swelling one after another as they cool.

4. *For the Gravel.*

Take Roots of Mallows, Rest Harrow, and Liquorice, of each half an Ounce, Seeds of wild Carrot and Linseed, of each three Drams, put them into three Quarts of Water, and set them over the Fire; add four Figs cut in Slices, and two Ounces of stoned Raisins; boil them half an Hour, then strain off the Liquor, and let it settle for Use.

A Quarter of a Pint is to be taken once in three Hours till the Patient have Relief. It will take off any Inflammation in the Parts, and bring away Gravel or small Stones.

5. *For a Cough.*

Take Barley, Figs, and Raisins, of each two Ounces, Liquorice half an Ounce, and Florentine Iris Root half an Ounce; put the Iris Root and Barley into two Quarts of Water, and boil them well; then put in the Raisins, Figs, and Liquorice, let it boil up again, and after eight or ten Minutes strain it off.

This

This is pleasanter than the Decoction directed in a former Number for the same Purpose, and in common tickling Coughs will very well answer the Purpose. A Coffee Cup full is a Dose, and is to be taken twice a Day.

6. *Against malignant Fevers.*

Put into a Saucepan a Pint of Water, put in three Drams of Powder of the Bark, and the same Quantity of Virginian Snakeroot; boil it till but Half a Pint remains, strain this off, and add to it an Ounce and Half of strong Cinnamon Water, and two Drams of Syrup of Clove July Flowers.

The Dose is a small Tea Cup full every six Hours.

The great Danger of malignant Fevers is toward the Crisis, and this Medicine is of vast Service at that Time; it operates as a Cordial and a Sweat; and when a Person is recovered by this Means, it is very proper to repeat the Medicine to prevent a Relapse.

7. *A bitter Infusion.*

Cut into thin Slices Half an Ounce of Guilian Root, the same Quantity of the Peel of Seville Oranges or of Lemons, and of the Tops of small Centaury two Drams; pour upon these in a Stone Jar a Pint of Water boiling hot, and let it stand till cold; then pour it off through a Sieve.

Let a Tea Cup full of this be taken every Morning fasting. It is excellent to prevent Sickness of the Stomach, and give an Appetite.

It should be taken for a Continuance of Time, and it will do Service in all Obstructions.

8. *Against the Scurvy.*

Cut to Pieces two Ounces of the dried Leaves of Buckbeans or Marsh Trefoil, and Half an Ounce of fresh Orange Peel; pour on these two Quarts of boiling Water, let it stand till it is cold, and then

strain it off; add to it four Ounces of compound Horseradish Water; and let the Patient take a Quarter of a Pint Morning and Night for a Continuance of Time, for the Effect is not speedy.

9. *Against Disorders of the Head.*

Cut to Pieces two Ounces of wild Valerian Root, and an Ounce of the Leaves of Sage fresh gathered; pour on these two Quarts of boiling Water, and let it stand till it is cold; then strain it off.

Let the Patient take a Quarter of a Pint of it twice a Day, and continue it for some Time.

It is excellent against Pains, Giddiness, and all Disorders of the Head, and is good in all nervous Cases.

RECEIPTS *from Lady Hewet's Book.*

1. *A Powder for the Teeth.*

TAKE burnt Allum, Mastick, Bole Armoniack, and Dragons Blood, of each Half an Ounce, finely beaten and searced. You may add Leaf Gold to it if you please.

2. *A Powder for an intermitting Fever.*

Take the Roots of Virginian Snakeweed powdered, and of the Powder of Crabs Eyes or Coral, each Half a Scruple; mix them, and take this Powder in a Spoon, with a little of the following Julep, and drink five or six Spoonfuls of the Julep after it.

The Julep.

Take of Fever Milk and Balm Water each Half a Pint, of black Cherry Water a Quarter of a Pint, of Barley Cinnamon Water three Ounces, and of Syrup of Lemon two Ounces; mix them together, and keep it in a Bottle for Use.

Take

Take of this Powder and Julep the Quantities above directed as soon as the Fit is wholly off, and the same Quantity once in four Hours during the Intermission, if the Fever be violent; if it be moderate, the taking three or four Doses Night and Morning will be enough.

3. *Steel Pills.*

Take three Drams of Steel, three Drams of Saffron, three Drams of Aloes, and three Drams of Rhubarb, make these into Pills with Syrup of Roses, and take four every Night going to Bed, with a Draught of something warm after them, and something warm also in the Morning that is not made with Milk; if it is Water Gruel put a little Wine in it.

The Apothecary may make them large, and then three will serve. They should work two or three Times in a Day, or else you must take another.

4. *For the Green Sicknefs.*

Take two Pennyworth of prepared Steel, two Pennyworth of Aloes, and one Pennyworth of Liquorice, all in Powder. It is to be made up in Pills if you please, or in the Powder, if you like that best. It is to be divided into nine Doses, one of which must be taken every Morning; after which you must rest nine Days, and then take it again. Do this till well.

5. *For the same.*

Take of the best Honey four Ounces, Conserve of Damask Roses two Ounces, prepared Steel an Ounce and a half, and Powder of Ginger an Ounce; mix these together, and take the Quantity of a Nutmeg Night and Morning, drinking a Glass of Wine after it.

6. *For the same.*

Take a Pound of blue Currants rubbed clean, but not washed, put them into a Quart of Lisbon white Wine in a Jar that you may the easier come at it; keep it close stopped up, and after two Days you

may take it. A Spoonful of the Currants and Liquor together is to be taken every Morning; and when it is half exhausted you may add another Pint of Wine to the Remainder of the Currants, and so on till you have taken the whole.

7. *For the Scurvy or Green Sickness.*

Take four Quarts of white Wine and two Quarts of Broom Ashes, a Shillingworth of Saffron, and a Lemon cut full of Holes; tie the Ashes and Saffron up in a Bag, and put it into the Wine with the Lemon; let it stand thus three or four Days and it will be fit for Use. Six Spoonfuls is a Dose, which must be repeated three or four Times a Day.

8. *For a Stoppage of the Courses by a Cold.*

Take as much Powder of Myrrh as a Spoon will hold, mix it with Posset Ale, and give a Draught of it as hot as it can be drank; this will lay the Patient in a Sweat. Boil in the Posset-Drink Camomile, Pennyroyal, and Mugwort, of each a like Quantity, strain it very clear, sweeten it, and give the Patient two Quarts in two Hours; this will continue the Sweat. If the Body be bound put up a Suppository, which is to be made thus:

Take a Spoonful of Honey and a little Salt, mix these together upon a Trencher, and when it is stiff enough roll them into long small Rolls, sharper at one End than the other. I have used this Medicine with great Success.

9. *Dr. Wright's Red Water for bringing down the Courses, or quickening Throes in Labour.*

Take a Quart and Half a Pint of Aqua Vitæ, put into it two Drams of Hira Picra, stop it close, and let it stand in the Sun or by the Fire fourteen Days, shaking it twice a Day; then strain it off, and put to it two Drams of the Powder of Liquorice; let it stand six Days longer, shaking it as before.

To a Woman in Travel give a Spoonful, or a Spoonful and a Half if Need requires.

To Maids it should be given in Sanctuary or Penny-royal Water: Three Drams of the Powder is sufficient to a Quart of Water. Take six Spoonfuls in a Morning, fasting two Hours after it.

10. *To cause easy Labour.*

Ten or twelve Days before you look take six Ounces of brown Sugar-candy beaten to Powder, a Quarter of a Pound of Raisins stoned, two Ounces of Dates unstoned and sliced, Half an Ounce of Anniseeds bruised, a Quarter of an Ounce of Cowslip Flowers, and one Dram of Rosemary Flowers; tie these up in a fine Lawn Bag, and put them into a Bottle of white Wine, with a Flint Stone tied to it to make it sink; let it steep twenty-four Hours, then take of it in the Morning, at four o'Clock in the Afternoon, and in the Evening, the Quantity of a Wine Glass full.

11. *A Powder for a Woman in Extremity in Travel.*

Take white Amber, Cinnamon, and Date Stones, of each a like Quantity in fine Powder; give as much at a Time as will lie upon a Shilling in a Spoonful of warm Caudle.

12. *Another for the same.*

Take seven Bay Berries, beat them to Powder, and mix with them an equal Quantity of Cinnamon and white Amber: Give this in Extremity, when all Things are right.

13. *For a Looseness in a Woman in Childbed.*

Take a Pint of new Milk and sceth it, let it stand till it be no warmer than Milk from the Cow, then put into it two Yolks of Eggs well beaten, and a Spoonful of Loaf Sugar.

14. *For a Woman that cannot be cleared of the Secundine after the Birth of a Child.*

Mix a Pennyworth of Mummy in three or four Spoonfuls of white Wine Posset, and give it the Woman to drink.

15. *Dr. Myron's Receipt to strengthen a Woman after Travel, if in Pain.*

Take Pomegranate Buds, red Rose Leaves, and the Bark of Oak, of each a like good Quantity, and boil them in Spring Water till it be a strong Decoc-tion; then to a Pint of this put a Quarter of a Pint of red Wine, dip a Rag double in it, and apply to the Part as warm as you can well suffer it; close up the Body with it, and keep it up with double Clouts; do this every Night a good while together, keeping it on all Night.

Put Asafoetida into an earthen Pot upon a few Embers, and sit over the Smoke; this will drive it up at first.

16. *Against Miscarriage.*

Take a Nutmeg grossly beaten, Mace, Cloves, and Cinnamon, of each the Quantity of a Nutmeg, grossly beaten likewise; put them into a little Cotton, and the Cotton into a scarlet Silk Bag, with a few Camo-mile Flowers; tie it round the Waste next the Skin, and let it lie down behind to the Hollow of the Back.

S E C T. VII.

Of the Disorders of Cattle, and their Remedies.

NO Part of the Family Concern in the Country is so little understood as the proper Management of Cattle; the Care of them is in general committed to ignorant and conceited Persons, and they are more destructive to the Creatures than all their Disorders.

We shall hope to set this Matter upon the same clear Footing with the rest, and that every Reader will

will be his own Judge how to proceed, or to know how those proceed to whom he commits the Care of his sick or hurt Cattle of whatever Kind.

C H A P. I.

Of Horses.

ART. I. *For watery, blood-shot, or inflamed Eyes.*

CUT a Handful of the Leaves of Wormwood, and the same Quantity of the Leaves of Betany, bruise them in a Mortar, and add to them half a Spoonful of Ox's Gall; pound them well together, and press out the Juice; with this rub the Eye all over gently and carefully every Night and Morning.

I have seen very great Cures performed by this sometimes in two Days; but if it be not so sudden it is sure, and the best Way is to continue it from Day to Day till it take Effect, which is rarely above five or six Days.

Different Beasts will have the same Disorder in various Degrees, therefore some Difference is required in the treating it.

If the Malady be very stubborn, the Eye much inflamed, and the Medicine take no Effect in two or three Days using, let him be blooded, and continue to use the Medicine, and he will soon be well.

2. *For the Vives.*

What Farriers in the Country call the Vives is a Swelling and Inflammation of the Glands, which some call the Kernels between the Neck and the Chaps.

Beat a large Handful of Rue in a Mortar, and pour to it three Spoonfuls of Vinegar; press out the Juice; mix with this a large House Spoonful of Pepper, and the same Quantity of melted Hogs Lard.

Stir all this together that it may be perfectly mixed, and then divide it into two Parts; put one into each Ear of the Horse, and tie them in.

Then

Then let the Horfe be blooded moderately, and turned into the Stable.

This is a Remedy at once; it feldom needs any Repetition, efpecially if the Diforder be taken in Time.

3. *For Wind Galls.*

Wind Galls are foft Swellings that come on each Side the Fetlock; they generally are caufed by long Journies on hard Roads: They are very troublefome to the Horfe, but the Cure is eafy.

Let them be cut open and cleansed, then put a Plaifter of common Pitch over them. Let it hang till it drop off.

C H A P. II.

Of Oxen and Cows.

A R T. I. *Of the Fever.*

THE larger horned Cattle are fubject to an abfolute and regular Fever, which is often deftructive to them in a few Days, and at other Times hangs upon them, and prevents their thriving.

The Signs to know it are thefe: They tremble firft, and afterwards grow reftlefs and unquiet; they will not eat, they lie and roll upon the Ground, they foam at the Mouth and groan, and their Flefh is very hot.

The firft Thing is to bleed the Beafth largely, then give the following Medicine:

Bruise the Roots of Mafterwort, and exprefs their Juice; take a Quarter of a Pint of this, a Quart of Ale, and a Houfe Spoonful of Mithridate; boil them up together, and when cool enough give it to the Creature.

Let this be repeated twice a Day, and if the Diforder do not abate on the third Day let the Beafth be blooded more largely than before, and continue the fame Medicine.

The Creature will be weak when it first recovers, but that will soon go off. I have seen a Cow cured by this Medicine when she lay struggling in the Field, and the Crows were watching about her ready to fall to their Prey.

The Food, as the Creature recovers, should be the finest Hay sprinkled with Water; after that it is by Degrees to be brought to good sweet Grass.

2. *For the Murrain.*

Mix together a Pint and a Half of Wine which has stood several Days, and two Ounces of Hens Dung; give it the Beast every Evening for four Times, or more if needful.

This is a plain simple Remedy, but it is not without great Power: Both the Ingredients abound in a volatile Salt, which will have great Effects in this Disorder, and Experience shews that it is a noble Remedy.

Perhaps, after all the vain Attempts to remedy the great and terrible Distemper that has so many Years raged among the horned Cattle, by Chemical Medicines, this homely Remedy may take Effect.

We have not had Opportunities of bringing it into Trial in this Respect, but have seen so much Good from it in other Cases that seem not very different, that we cannot but wish to see it fairly tried in this.

C H A P. III.

Of Sheep.

A R T. I. *Against Worms.*

SHEEP are subject to Worms in their Bowels, and are greatly tortured with them.

They are known to have this Complaint by a heavy Look in their Eyes, a frequent Itching of their Noses, so that they rub them against any Thing, and by their

lying upon their Side and kicking their Belly with their Feet.

In this Case bruise some Leaves of Wormwood, press out the Juice, and give the Sheep a Quarter of a Pint of it early in the Morning when its Stomach is most empty, and make the Creature stir about, and keep it from Food for some Time afterwards. Repeat this several Days and the Cure will be certain, all the Symptoms will vanish, and the Sheep will feed and be easy.

2. *For the Rot.*

This is the most terrible of all Disorders to Sheep, and when it takes place often becomes in a Manner universal.

The best Remedy is this: Mix Half an Ounce of Powder of Elecampane and four Ounces of Bay Salt dried and rubbed to Powder, divide this into six Doses, and give one every Morning to the Sheep that begin to droop.

Not only Experience shews the good Effect of this, but it is confirmed also by other Instances.

No Sheep die of the Rot in salt Marshes, therefore the Salt is able to prevent this Complaint, and with the Assistance of the Elecampane, which is itself a very powerful Remedy, it entirely cures it.

3. *Of the different Herbs that are good or bad for Sheep.*

We have delivered the Remedies for some of the principal Disorders to which Sheep are liable in this and the preceding Months, but we shall not think the Rules for the Cure of this tender and useful Animal compleated till we have given proper Directions for their Preservation.

Many of the Disorders of Sheep are owing to the Herbs that grow in their Pastures. Nature has given every Animal a Direction of Instinct for the avoiding such Plants as are absolutely poisonous; but there are others which, though they have not the full and im-

mediate

mediate Effect of Poisons, yet bring on Disorders which in the End destroy the Creature: Against these Instinct does not so strongly guard Animals, and the Sheep, more remarked for its Meekness than its Cunning, often falls a Prey to this slow Destruction.

Now what the Sheep has not the Discretion to distinguish the Shepherd should, and that he may perfectly know how to do this we shall lay him down the plainest Information, according to the Names and Nature of the Plants, all of which are common, and sufficiently known.

The Farmer will also do well to examine into this himself, and to observe what Herbs are the Product of his Grounds among the Grass, that he may propagate such as are healthful, and root out such as are hurtful.

His Care will be very well rewarded by the thriving of his Sheep, and the Shepherd's Credit will always rise in Proportion to his Caution in keeping them from what is left of a dangerous Kind, and encouraging them to feed where there are the more wholesome Kinds.

First then, the Herbs most wholesome and healthful for Sheep are these: White Trefoil, Selfheal, Pimpernel, wild Clover, Melilot, and Cinquefoil; and to these may be added wild Thyme, called Mother of Thyme, and Broom.

The former Kinds are common in many Pastures, and the latter on hilly Grounds in some Degree barren.

The former will always keep Sheep well, and the others will frequently recover them from their Disorders.

Therefore to keep these Creatures in Health let these several Herbs be encouraged.

Melilot produces a deal of Seed, and it is easy to gather this and scatter it about the Hedges, where it will spring up of itself; the others will take Care of themselves, and spread wherever they are undisturbed.

When any Disorder appears in the Flock the Shepherd is to drive them to those hilly Pastures where Broom and wild Thyme grow: They will crop the Tops of the Broom, and lightly bite the wild Thyme, and its very aromatick Smell will cure them as they lie among it.

These are not Pastures on which to fatten Sheep, but when they have throve but indifferently upon the richest Grounds let them be kept a few Days upon these, and they will then thrive on the others quickly: The Disorder that prevented their eating will thus be removed, and they will feed freely and happily upon rich Pasture.

In this Case the Shepherd is to act as a Physician to his Flock, and this is the principal Opportunity he will have of shewing his Skill in their Management.

The Herbs hurtful to Sheep are these: Spearwort, which is a Kind of Water Crowfoot; Water Dropwort, which has a Flower like Hemlock; and Pennywort, which has a round Leaf growing singly upon a long slender Stalk: This is the worst of all, and is called White Rot.

The other two are more conspicuous, because larger; this runs among the Grass and is unseen, except sought for with a very careful Eye.

As to the Spearwort, there is no extirpating it, because it creeps at the Root: The Ground may be cleared of the others.

The Farmer must be cautious how he suffers his Sheep to come into Fields where these Herbs grow; and when that cannot be avoided, the Shepherd is to observe their Place of Growth, which is generally about Waters, and to keep the Sheep from that Part of the Ground.

Every one at all concerned about Sheep knows how injurious those Pastures are to them, which are subject to frequent and repeated Overflowing: They fall into the Rot more in these than in any other Places:

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The Cause has been sought in the too abundant Moisture; but it is not that a little more or a little less Water is capable of taking that Effect; it is the Herbs it produces. Whenever Lands are thus frequently overflowed, this Herb Pennywort is ready to grow. We have observed how easily it escapes the Eye, by its low and creeping Manner of growth, and this is the Cause of the Mischief.

To these Plants which are always destructive of Sheep, we are to add two farther Cautions to the Farmer or the Shepherd, which are, that the Herb Knotgrass, tho' not so fatal as the others, is unwholesome; and that the common Grass when Mildewed, an Accident not uncommon in damp Places, is always hurtful.

The Caution against these is not to be so strict as concerning the others; but still it is good to be upon ones guard against every Thing that can do Injury; A few Bites of these may do no Harm, but full Feeding on them will.

S E C T. VII.

Of the Management of the Garden in the Month of May.

THIS is a Month where the Sun has a great deal of Power, and if there happen some Rain, as there generally does, especially towards the beginning of it; a great deal of Care must be taken in every Quarter to keep down Weeds. The useful Crops will be at this Time growing stoutly; but if they be not Cleaned from Weeds, their Progress will be checked, and they will be backward and poor.

This

This is all the Care required for the Crops, which will serve in the preceding Months, and are now advancing toward Bearing: But this is not all the Gardiners Care in this Month, there are many Things he is to continue sowing which he began the former Month; some which he may not get into the Ground tho' that Season were the properer, if Neglect or Accident have left the Garden hitherto without them; and beside these, there are some which it is only now the proper Time for sowing.

Our Springs in England are too cold for many of the useful Plants of our Gardens, they must therefore be sown in the beginning of Summer; and there are others which require the Assistance of Hot-Beds in the earlier Months, that may now be advantageously sown in the naked Ground.

Upon these several Reasons, the Gardiner is to proceed in the Article of Sowing this Month, that he may have Succession and Variety.

He is to continue sowing all the Kinds of young Salleting: They should be sown once a Week, or oftener, for they grow quickly too large for Use.

As to their Situation, that should be now just the contrary to what it was to be early in Spring; then they require a warm South Aspect, because the Cold of the Season will else prevent their Growth, but now they should be set in a Northern Border, for the Season favours them so much, that they will soon grow fit for Use any where, and if they be not stopped in some Degree by this Method, they will very soon grow too big.

This is a very good Season for Endive: Let it be sown for Blanching, and let the Border be mellow, and well watered for the Reception of the Seed. It will soon be up, and then let it be carefully managed: First it is to be thined, for it will rise too thick; and afterwards it must be kept very free from Weeds, for it is easily choaked.

Purflain

Purslain may now be sown upon a good warm South Border in a sheltered Place. This Herb is too much neglected; it is wholesome as well as agreeable to the Palate, and where sown at this Time, requires no Care or Trouble.

If you intend to have late Crops of Beans, sow some the third Week in May, upon the coldest and dampest Border of the Garden, and Water them at Times.

Pease may be sown for the same Purpose, in the same Manner: These latter will not yield a great Quantity, but their Produce will come in so late, that the Pease will be almost as great a Rarity as early, and they will be full as good.

Chuse out a good rich and moderately warm Border for a second Sowing of Kidney Beans, and sow the Dutch Kind; every Shop has them. These are to be sown at greater Distances in the Rows than the others, and to be kept carefully Weeded; they will yield abundantly.

Look to the Borders where you sowed Cabbages and Celeri the foregoing Month; the Plants will now be of a height to remove, and this must be done. Let the Ground be well prepared for them, and if there come no Rain for the three or four first Days, water them.

Toward the End of May 'twill be proper to prepare a Bed for Winter Cauliflowers. Sow the Seed very carefully, and defend it from Birds.

The Cucumber and Melon Plants will now require a great deal of Care; the Sun will be so strong in the middle of the Day, that they must be defended from it, or they will flag and droop. The Evaporation from the Leaves and Stalks of so large Plants is very great, under so strong a Sun as is at this Time; and these Plants raised Artificially, have not the full Resource of those which spread at random in the Earth, to draw in a due Quantity of Nourishment to supply the Loss.

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They must be covered with Mats, and at the same Time hardened to the Air, by raising the Frames, and setting the Bell-Glasses upon Brick-bats.

A great deal of Nicety is requisite just at this Time, in the Management of these Plants; for their Bearing and Continuance, will in a great Measure depend upon it.

Notwithstanding the Heat in the Middle of the Day, there are often Frosts in the Night at this Time, and these will be fatal if the Plants are Exposed to them; therefore the careful Gardiner must watch the Weather, and manage accordingly: Air the Plants must have at this Season, and the more they have without Danger the better, but it is very easy by a little Mismanagement to destroy them all.

The Lettuces of several Kinds will now demand the Gardiners nice Care in their Management.

He is to remember that besides the present Crop, he must have a Succession; and in order to this, while he is continually drawing some for Use, he must be sowing and transplanting others.

The Transplanting in this Case is not as on most other Occasions, intended to forward, but to backen the Plants.

They are growing up too fast, and the Lettuce is a Plant that does not remain long in its Perfection; therefore a good Number should now be removed, for the stopping them; these should be set pretty close in the Northern Borders, and they will thus come into Use after the other are eaten or grown off.

While this is doing for a Second, the Sowing is intended for a third Crop.

For this Purpose a moderately large Bed must be prepared by good digging, and carefully levelling the Earth. This should be in a Southern Exposure, and the ground rich and not exhausted; for the same Pains must be taken to bring these forward; as to keep the other back.

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The Seeds must be scattered thin upon this Bed, and when the Plants are come up, they must be carefully thinned, by taking up the Weakest. The proper Way is to have them at about eight Inches distance every Way, for they are not to be transplanted. The Weeds must be hoed from among them, and the Lettuces grow up where they rise.

Towards the End of this Month the Gardiner must look over every Part of his Ground, see all clean, and that all goes on regularly ; he must observe that his transplanted Things do not fade for want of Water, and where the early Cauliflowers begin to shew the first Rudiments of a Head, he must break down two or three of the innermost Leaves over them, to cover the Flower. This will preserve it white and make it grow thick and hard.

In the same Manner let the careful Gardiner look over his early Cabbages ; they will begin to round, and he will greatly assist this, by tying the top Leaves together with a Piece of old Bass ; this has the same Effect upon the Cabbage, with the breaking in the Leaves upon the Cauliflower, it makes it have a better Head, and be whiter and harder.

We have mentioned that the Artichoke Suckers are now in Season ; the Gardiner must pull them off whether the Cook require them or not, for they will come to nothing themselves, and they will destroy the main Fruit. All the Nourishment should be directed to this, that it may be tender, full of Juice, and fine ; and there is no Way of doing it, but by cutting off these others, which would drain it to themselves.

The Middle of May is a very good Season for sowing of Turneps and Brocoli.

The chief Care about the Turneps is to see that the Seed be new, and to defend it from Birds.

Some who fear the Fly, which is so destructive to Turneps, in the young Leaf, mix their Seed half New and half Old, and this is a very good Method ;

for the new Seed coming up several Days before the old, there are two Crops; so that if one be destroyed, the other has a Chance to escape.

When the Turneps come up they should be thined, till they stand about a Foot asunder every Way, and thus they will thrive surprizingly, especially if there happen to be a little Rain.

This frequently proves the first Crop of Turneps in the Garden; those sown earlier come to Table in their Course, and these have Time to stand for a due Growth. They must be kept clear of Weeds afterwards, and no farther Care is required for them.

It is in the End of May the Gardiner is to prepare for the Girkin Cucumbers which are to be pickled.

The Plants for this Use should be sown in the naked Ground, and left to take their Chance: There will be some very well tasted Cucumbers upon them.

All Kinds of Ever Greens may be very well Planted at this Season. They will grow very well from Slips carefully taken off, and planted in a good Piece of Ground: The best is a Border towards the North; and they must be watered and sheltered till they have taken Root.

The annual Aromatick Plants are now to be sown; such as Sweet Marjoram, and the like. And among these it is fit we here recommend to the Gardiner one Plant of this Class, which we direct the Cook frequently to use, this is Sweet Basil. It will rise now very well if sown on a very fine Border, exposed to the South Sun.

This is a Season when the Housekeeper is to begin to prepare for Distilling.

We have told her, in treating on that Head, that all Plants are in their fullest Perfection of Virtue, when they have grown up to their Height, and are budding for Flower. Some of them will be just in that Condition at this Season, and such the Housekeeper, who should herself keep a watchful Eye over that
Quarter

Quarter of the Ground, should direct the Gardiner to cut, whether she want the whole or not; all should be cut, for this Reason, that all is now in Perfection, in such Plants as are got into this State.

When they are cut down, she is to distil what Quantity she judges proper, and to preserve the rest by drying in this Manner.

Let her tie up the Plant in small Bundles, not too tight, and hang these at a good Distance from one another, in an airy Garret, not against the Walls as some very wrongly do, but upon Lines drawn across the Garret, near the Cieling, for this Purpose.

The Plants to be cut and gathered in this Month for these Purposes, are Rosemary, in the beginning of the Month. At this Time being just full of Flower Buds about opening, fresh distilled with the rectified Spirit, it makes excellent Hungary Water; the remainder dried, serves many Purposes: This is only to be cropped. The Flowering Branches being cut off in such Quantity as they may be wanted, and the Shrub left as little injured as may be: The other Plants are in general to be cut down close to the Root. This has a very good Effect, for the Season not being too far advanced, nor the Roots exhausted by the Flowering and Seeding of the Plant, there soon rises a new Shoot, that before Autumn is spent will bear another Cutting.

Let the Housekeeper remember that where she cuts Rosemary in Bud, some of the flowering Boughs must be left on, that the Flowers may Ripen, for Conserve, and for the several other Uses for which we have named them.

Besides the Medicinal Plants which are thus to be cut up in their due Time, this Month affords also several Flowers which should be gathered for the same Purpose; Berage and Bugloss are now in full Blow, and their Flowers must be picked to use fresh or dry, for the Purposes we have named. The

Piony Flowers will also be in their Prime towards the End of the Month.

Many of the Plants raised under hot Beds, may now be planted out into warm Borders: The Capsicum and the like, will bear the Weather if the Season be tolerably favourable; but if otherwise, it is better to defer it some Days.

Where the useful Products have thus been regulated, let the Gardiner turn his Eye to those raised for Amusement and Pleasure.

The Flowers that are now in Bloom, of the Tulip, Ranunculus and Anemony Kinds, should be managed with a great deal of Care; these are Flowers Nature intended for the Spring, and we are advancing apace toward Summer. If *May* be hot, the Sun will be too powerful for them.

The Florist who has been at the Pains to raise these tender Delicacies, where he has gone thro' the Trouble of nursing and tending them eleven Months of the Twelve, hopes to see their Colours lively, and their Continuation as long as their Nature will admit; to obtain this, he must guard them from the powerful Effect of the Sun. The natural Consequence of letting the Sun at Noon shine full and hot upon them, is that their Colours Fade, and they quickly fall off.

We see the Leaves of all tender Plants droop in the powerful Sun-shine, and the Effect upon Flowers is of the same Kind.

Beside there is this farther Reason why it makes them fall quickly, that the Heat tends to the Ripening of the Seeds. This is the Purpose of Nature in the Growth of the Plant, and all the beautiful Parts of the Flower are but subservient to it: Therefore as the more Heat of the Sun comes upon the Plant, the quicker the Seed ripens; in consequence the quicker the Flower falls.

This is the Occasion for the Shading them, and the Consequence will be, that they will be twice as hand-

handsome, and last twice as long as they would have done if left exposed.

Take up the Tulip Roots whose Stalks are withered, and also the other bulbous Plants which have flowered.

And let this be remembred for the Flower Garden, which was said for the other; that the Weeds must be destroyed now, or they will be very troublesome. They must be hoed up in all the Borders, and between, and round about all the perennial Plants. This Hoeing up and raking off the Weeds, has a double Effect: It not only takes away all the useless Growths, so as to let the Plants which are cultivated, have all the Advantage of the Ground to themselves, but the Hoe cutting the Surface, breaks it a little, and this is always serviceable.

Here we shall give the Gardiner one farther Direction, respecting the Placing and Disposition of his Plants. They are generally set too close in our Gardens: The Florist proposes to cover the Ground with the glowing Beauties of his Production; but in this he errs, for they do not shew themselves so well when thus near, as they do when somewhat distant. All is Confusion in this Case; Leaves blend with Leaves, and Flowers rise among one another in such Manner, that the Eye does not know where to trace them.

The better Way is to give them a little Distance, it will always add to the Beauty of a Garden, if the Master of it hold this for a Rule in all Plants, to have a Space of vacant Earth round every one, on every Side. This serves as a Frame to the Picture, and being kept always perfectly clear from Weeds, the Colour which is dark and simple, relieves the Eye from the Variety and Glare of the Flowers: And every Plant will thrive also a great deal the better for this, because it gives an Opportunity for hoeing, and breaking the Ground.

Large Plants should always be kept at a farther Distance, that the Spade may come in easily between them ; this will be a prodigious Advantage ; and they will thrive beyond all others.

The Husbandman knows what vast Advantage there is in breaking and dividing the Ground for the Service of his Crop ; and the late new invented, or revived Method of Horse-hoeing Husbandry, brought into Use by Mr. Tull, shews the great Benefit of turning up the Ground about a Crop while growing.

One Grain of Wheat has been found to yield as many Ears by this Way of Management, as twelve in the common Method of Husbandry. The same will be done in favour of Garden Plants by digging between them. The Spade does this Work of breaking the Ground, better than the Hoe Plow, and this he acknowledges ; therefore it is fit every Gardiner find the Advantage of this Method, it will hold good in all useful as well as beautiful Plants, and he may be assured of this, that the Kitchen Garden as well as the Flower Garden, will be prodigiously improved by setting the Plants at greater Distances ; and getting the Spade between them, so that the Ground may be turned Deep several Times during their Growth.

The Advantage of all Vegetation depends on this ; the keeping the Earth loose, and the encreasing the Number of small Roots.

Both these Ends are obtained by digging between the Plants : The Earth is frequently broken, and therefore is always light and fine, and the Spade cuts off every Time the Ends of the distant and small Roots of the Plant, from which new ones immediately grow in great Numbers, and spread every Way in the rich Soil for Nourishment.

The Gardiner knows the Advantage of transplanting with a good Ball ; and he also knows the good that rises from the cutting off the Ends of the Roots in a Plant he removes to another Place : Both these Ends are answered by the digging between the Plants,
for

for the Earth all about is made fine for the Reception of the Roots, which is all the real Cause of the Benefit of Transplanting, and at the same Time, the Earth round about the Root being left undisturbed in a much larger Ball, than could be removed with it, there is the Benefit of having a Part of the Roots continue fixed for immediate Nourishment. The Ends of the Roots are also cut off in this by the Spade, but in a better Manner than where it is done by a Knife in the other Way; because here it is only the Ends of the very small ones, and they are the same instant covered up with Earth, so that the Air can take no effect upon them; whereas in the other Way, the Ends of larger Roots are cut, and tho' they be Planted ever so quick, the Air will damage them.

Thus much we have thought needful to say upon a Point which may be of the greatest Use and Satisfaction to the Curious, or profitable Gardiner; advising the bringing it into Practice, both in the Culture of Flowers and Kitchen Plants, digging frequently round the first, and between the Roots of the latter; and digging this always to a good Depth, and always carefully breaking the Ground.

A great many of the Ornaments of the Flower Garden are now to be sown; they must have the Earth well dug for the Reception of their Seeds, and finely broke, and they must be sown where they are to remain. The Candytuft, dwarf Stock, dwarf Lychnis, and several others of the smaller Kind; and the Sweet Pease, Lupines, and Indian Cress, which are large and taller; they will thrive happily sown at this Season, and will continue flowering late.

This also is the Season for transplanting the Perennial and Biennial Flowers raised from Seed in Spring: They will be of some Growth by this Time, and they are to be carefully removed to Borders, and placed at proper Distances, not for flowering, but for good Nourishment.

The Gardiner must take the Opportunity of drying Weather for this, and they will immediately take Root and thrive.

They are to stand where they are now placed till about the End of August, and they will make no unpleasing Appearance by the Variety, Freshness, and Beauty of their Leaves.

If the Borders in the Garden be so well filled that there is not Room for them, they may be plantd out in a Nursery, or on any Bed of good Earth dug for that Purpose.

In August they must be planted where they are to remain, and they will be very strong for the succeeding Year.

Hollyhocks, French Honeyuckles, Columbines, Sweet Williams, and the like, are all best managed in this Manner.

Toward the End of May the Florist must have an Eye to his Carnations; these are to be the great Beauty of his Garden the succeeding Part of the Season, and he must prepare for their flowering successfully by supporting them, and hoeing up all the Nourishment to one Point.

To this Purpose he is now to tie up the Stalks carefully, and he must take off all the Side Buds, for if these were left on they would rob the principal Flowers of Nourishment, and yet come to nothing themselves.

The same Care of tying up must be used also for all the other tall Flowers, that the Wind may not have too much Power over them. Few know the great Necessity there is for this Practice, or the great Advantage that attends it, which we shall explain, that the Gardiner may for the future be more careful than most are at present on this Article.

Every one must know that a Plant never requires so much Nourishment as when it is in flower; and it is plain from Reason, that the more Nourishment there is received, the stronger and finer the Flowers in this Kind of Plants will be.

The Nourishment of a Plant can never come up regularly when the main Body of the Root is disturbed; and yet this is naturally the Case in all tall blowing Garden Flowers, when not carefully tied up.

In Nature the Plants succeed better, because the Ground is stiffer and sadder; but in a Garden, where all is light and loose, the Disadvantage is plain.

When a Plant has grown to two or three Feet high, and that perhaps with a bushy Stalk, the Wind has great Power upon it, every Blast sways and rocks it, and loosens the Root.

I have seen in many Gardens some of these tall Plants in a decaying State, and upon Examination the Cause has been found to be this: On looking at the Bottom of the Stalk there has been a Hole gulled and worn like a Funnel by the rolling of the Stalk round and round, by the Force of the Wind, and the Root has been exposed to the Air, and continually loosened. Thus has a Plant, raised with a great deal of Care, and brought very happily just to the Time of its flowering, drooped and decayed, and the Owner wondered, when it was only owing to this one Neglect. If the Plant had been tied up to a good stout Stick when it first got up into Stalk, nothing of this would have happened, the Stalk itself would have grown up much stronger, because better supported, and the Wind would have had no Power to have hurt the Root by its Waves.

Having thus shewn the Reason and Necessity of staking or tying-up of Plants, we must give one Caution, which is, that the Plant be not injured by the rude and unskilful Way of doing it; let the Stick be cut very even and sharp at the End that is to go into the Ground, and let its Shape there be flatted; then take Care to thrust it carefully and steadily into the Ground, without injuring the Roots of the Plant; it must be thrust in deep, or it cannot be steady, and if not perfectly steady in itself it can be of no Service to the Plant; this will be best done by thrusting it

strait and forcibly down, and then the Care must be not to place it too near the Stalk of the Plant, because that will throw it upon the full or main Body of the Root, which it may greatly injure.

The tying being thus managed in Time, and with due Care, will be of the utmost Service to the Plants, and the Benefit will be seen in the Freshness of their Leaves, which in the Height of Summer is a great Beauty, and in the Number and Strength of the Flowers.

Toward the End of this Month the Auriculas being perfectly out of Flower should be removed to a shady quiet Place, and the Stages prepared for the finer Carnations. The Pots must be well examined, and every Thing searched for Fear of Vermin. There is no Flower which is so much infested with them, or so often destroyed by them; and it must be a very provoking Circumstance for the Florist to see the Labour and Expectation of a Year or two destroyed by a Worm.

May is a very important Month for the Management of regularly growing Fruit Trees. The Espaliers must be looked over, and from Time to Time all fore-right Shoots taken off, and the others that grow in a good Direction properly trained.

This is easy now, but by a little Omission it will soon become very difficult, and all that might have been kept beautiful will get a Look of Wildness.

The Wall Fruit must now be looked after with Care, for it is well established, and must be thinned.

The Apricots will hang in vast Clusters, and the Peaches grow together in Lumps. This is not to be permitted; they are carefully to be thinned, and in this let not the Owner be afraid of reducing his Store too far, let him thin them boldly, for it is better to have a small Number well ripened, large, and truly flavoured, than a Heap of ill-tasted and half starved ones. The common Error is letting too many of the Wall Fruit remain on, which not only hurts and
spoils

spoils all that should come to good the present Year, but miserably weakens the Tree for the next.

Nature in all these Cases produces more than she intends should ripen; she provides for the Food of Insects and other Devourers, and as these are kept off in a great Measure in a well-managed Garden, the Growth should be reduced in the same Manner.

As to the Number of Fruit to be left upon a Tree, it must be proportioned to the Kind of Fruit, and to the Strength of the Tree; the stouter and more established the Tree is, the more it will be able to nourish and ripen, and the smaller the Fruit the more there may be of them. Apricots may be left thicker than Peaches, because they are smaller, and remain a less Time upon the Tree, which is also a material Consideration. Large Peaches ought to be a full Span asunder upon the whole Tree; they will by this Means ripen so finely that one will be worth half a dozen.

The Vines must be carefully looked after, and kept in Order; such Shoots as have Fruit upon them must be stopped at the third Joint above the Bunch, and the others that are for next Year's bearing are to be encouraged in their Growth. The Vine is full of Sap, and if they be not permitted to draw a good Part of it for their Growth, there will be Abundance of useless Shoots sent forth.

Vermin are now frequent, their Summer Brood is come to Growth, and your Fruit are just in a Condition to be devoured: The carefullest Eye must now be kept upon all the Trees; every Morning and Evening let the Owner or Gardiner look for Snails; there will be Abundance of these where very few are seen; they hide themselves so cunningly that their Mischief is very easily seen, when themselves are scarce possible to be found; but the Way is to watch their Time of coming out, this is early and late, when they may be easily killed in great Numbers, or a warm Shower will bring them out in the Middle of the Day.

Let the Borders about the Fruit Trees be as carefully kept clear of Weeds as those where the choicest Flowers are, and the oftener they are hoed for this Purpose the better; it not only destroys all Weeds, but breaks the Surface of the Ground, so that it the better receives the Dews and gentle Showers for the Refreshment of the Roots.

No large Plants should ever be suffered to stand in the same Borders where Fruit Trees are. This is a common Mistake, from People's thinking the Roots of the Trees go deeper and shoot farther for their Nourishment. It is true that they do so, but there is nothing does them so much Injury as the choaking them up close at the Stem, and about the Circuit of it.

If the Season be dry there will be great Advantage in now and then well watering the Wall Trees, especially such as are young.



S E C T. VIII.

Of the Management of the Farm for the Month of May.

GOOD Weather in *May* is very desirable to the Farmer.

In the Beginning of this Month let him examine his Fields of Barley; if they be too rank the Blades must be taken off; for this Purpose he may mow it, or turn in Sheep: In some Places they venture to turn in Hogs, but this is a very ill Practice.

The quick-growing Barley may be sown this Month.

The Sheep are to begin to be folded ; and this is the best Time for putting the Mares to the Horses.

The Beginning of this Month is the best Season for sowing of Buckwheat ; and at the same Time Flax and Hemp may be sown, and some later Crops of Pease.

Milch Cows and fattening Cattle are to be put into fresh Pastures ; and a particular Care is to be taken of all that regards the Dairy.

This is a very good Season for draining of wet Land.

Let the Farmer also now look to his young Quicksets and weed them, and turn his Calves to Grass.

Toward the End of this Month there will be Clover fit for mowing ; and the Farmer who has got into the Improvement of Saintfoin, Lucerne, and the like Grasses, is to begin mowing the forwarder of them, for they will yield him a great Increase, and will shoot so quick from this mowing that another Crop will be ready presently.

It is a great Advantage in all these which the Farmers call artificial Grasses, that the Time of cutting them is just when they are getting into Flower, before the Roots are exhausted ; they yield the sweetest and best Hay at this Time, and their Roots are ready to send up a new Crop immediately.

This is a very good Time for selling off the Winter fed Cattle.

We have given Directions to the Shepherd in the preceding Pages to beware of the Occasions of the Rot, and other Distempers of Sheep from bad Food, and we are now to repeat the Caution to the Owner, that he look well after them. The latter End of *May* is the Time when the Rot mostly comes on ; let him therefore take particular Care to guard against the Occasions of it at this Season, and to examine his Sheep from Time to Time, to see if any such Thing have happened to them.

When he perceives it beginning among them let him remove those which are distempered, that they do not infect the rest, and turn all into a new Pasture.

If the other have been wet, which is commonly the Cause of this Disorder, let him remove them into a dryer, and let him particularly chuse one where there is Abundance of wild Thyme. We have mentioned the salutary Qualities of this Herb before, and there is nothing in which it is more eminently useful than the stopping a Rot. I have made it an Observation, that few Sheep have this terrible Disorder where that grows plentifully among the Pastures, and nothing is a better Preservative when they are in Danger.



THE
COOK, HOUSEKEEPER's,
AND
GARDINER's COMPANION.

J U N E.

S E C T. I.

Of Provisions.

A Bill of Fare for the Month of June.

C H A P. I.

Of Butchers Meat.

LAMB and Veal are in Season at this Time, Beef and Mutton always, but in general less in Summer than Winter. Pork is not good, but Bacon never is more useful than in this and the succeeding Month. Any Joint of Veal may very well come to Table roasted; the Breast raggoo'd is also very proper, and any of the small Dishes that are made from it.

Lamb is very proper to supply the Place of Mutton, and there is a fine Variety of Garden Stuff to send up with it, as we shall shew under that Head.

A Raggoo of Lambs Stones and Sweetbreads is very proper, and all that Variety of lesser Dishes we have described, as made under that Article of the various Parts of Lamb.

To the Butchers Meat we are to add Venison; the Haunch roasted, or for Variety, where a great deal of Venison comes into the Kitchen, it may be boiled with Cauliflowers. Some prefer this to the roasted Haunch, but I think that is a false Taste; however it is very proper for a Change.

Fawns are also now in Season, and may be dressed in larger or smaller Quantities, according to the Family; and to this Kind we are to add Leverets, which are never finer than toward the Middle of *June*.

C H A P. II.

Of Poultry.

CHICKENS and Pigeons are now in high Season; and as we are speaking of what is to be had at the Poulterers, we are here to mention young Rabbits, though properly of the former Class: They are now in high Season: A Fricassee of them is a very good Dish in a first Course, as is also a Fricassee of Chickens. Pigeons may be dressed various Ways, but at this Season they come in very well boiled with Bacon and Greens.

Pheasants are now to be had in very good Order, and Turkey Poults: These come in best in a second Course. Quails are also in Season, and there are young Ducks for Variety, and these are now very fine.

C H A P. III.

Of Fish.

CARP and Tench continue fine; and we have from the Salt Waters Turbot in very great Perfection; there are also large and very fine Soals and Mackarel.

Salmon

Salmon is in good Season, Pike are very fine, and this is the prime Time of the Year for the River Trout; they eat the May Fly during the last and in the Beginning of this Month, and it gives them a Colour and Flavour they have not at any other Season; the very Spots on the Skin glow with an uncommon Brightness at this Time, and their Flesh is of the finest red that can be conceived. All these Fish do very well in first Courses, and the best Way of all is to have the Pike roasted.

For the second Course we have Eels, which may come in pitchcock'd or collar'd; and a Chine of Salmon broiled is a very good Dish: There is also Sturgeon cold; and of the Shell Kind Lobsters, Crayfish, Prawns, and Crabs; which last come up best buttered.

If to these we add the Store Dishes, as Ham, and the like, and sucking Pigs, which may come in occasionally, and add the Assistance of the Pastry, we shall find, before we enter on the abundant Products of the Garden, that there is this Month every happy Variety for the Housekeeper's Choice and Management.

C H A P. IV.

Of Pastry.

THE Articles of Pastry most proper for a first Course this Month are, Venison Pastry, and Humble Pie, Marrow Puddings, and the like; and for a second Course there may be sent up a Potatoe Pudding, with all the Variety of Tarts, Cheesecakes, and Custards, for they are never in better Season.

C H A P. V.

Of Garden Stuff.

NO Month of the Year makes the Garden more serviceable to an elegant Table than this, a very great Part of its Products are come in, and most of

them delicate and scarce; which, though it does not make them a Bit better, yet never fails to render them more pleasing at Table, as well as of a greater Price at Market.

A R T. I. *Roots and Herbs.*

Carrots are in great Perfection, they are just grown to such a Size as to have their full fine Flavour, and Turnips are in the same Condition. Those who are fond of the true Delicacy of these Roots should have them very frequent at their Table at this Time.

The large-rooted Parsley is also at this Season fine, tender, and full, and this deserves to be brought much more into Use, because it is so excellently wholesome as well as pleasant a Root.

After these we are to mention Celeri, which of all the Plants comes nearest a Root, being a Stalk buried in Earth. Some early Stalks of this will be now just getting into Season, and never better or finer; they are sure at this Time to be very tender, juicy, and of a high Flavour.

Cabbages are come to be very sweet and fine, and those Cauliflowers which we advised the Gardiner last Month to cover in, by breaking upon them some of the inner Leaves, will toward the End of *June* be in perfect fine Order; they will not be large, but hard, and as white as Milk.

Asparagus will continue in great Perfection, and there will be a Variety of very fine Lettuces.

2. *Fruits of the Kitchen Garden.*

Beans and Pease come in now in Plenty, and in the well-managed Garden succeed one another, a fresh Crop every ten Days, so that they keep in the same fine young State which so highly recommends them at their first Appearance.

This is not only the Case where there is a good Garden in the Country, but may be had in London in the very same Manner, if a careful Housekeeper
who

who understands these Products goes to Market. Our Gardiners who raise Things for Sale are as nice and careful as the best of those retained in Gentlemens Families; they always have their Crops one under another, and it is only the Art of knowing how to chuse them that is required to keep up the Elegance of the Table in this Article.

French Beans will now also be very fine: Indeed they are at no Time of the Year so fine as when they are just ripened for gathering in this Month; the succeeding Crops of these, altho' they ripen regularly one under another, yet have not the true Tenderneſs that these of the first Growth always have.

Artichokes are very fine this Month, and there will be Cucumbers and Melons in very great Perfection.

After these, which are properly Fruits, and are the last Products in Order in the Kitchen Garden, we are to observe, that there continues young Salleting in great Perfection, and the scarlet Radishes from a late sowing will be very fine.

3. *Fruits for the Desert.*

We have observed that in the End of the last Month Strawberries were just coming in; during the Course of this they will be every Day ripening in greater Plenty, and we shall have the several Kinds of them in their highest Perfection.

We shall have Cherries of several Kinds also succeeding one another; as the Kentish Cherry, the Duke Cherry, the Flanders Heart Cherry, and the white Heart.

The masculine Apricot, that came in toward the End of the last Month, will in the Course of this be in perfect fine Season.

These are the Fruits which will ripen in their natural Growth; but as in large Gardens there are usually forcing Frames, and some of those who supply

the Markets have the same, we are to mention their Products though before the natural Season.

Peaches will be had from these about the Middle of *June*, and toward the End of it some Nectarines and Grapes.

Some Apples may yet be sent to Table, as the Golden Ruffet and Stone Pippin, Pile's Ruffet, the Oaken Pippin, and the John Apple; and there may yet be preserved three Kinds of Pears; these are, the black Worcester, the Cheynes Green, and the English Warden.

The Number of these decreases now greatly, because all we can have must have been preserved with great Care during the Winter and Spring, but it will in a few more Months multiply upon us beyond any other, for they will quickly begin to ripen in a vast Variety and Abundance.

Among the Articles of Fruit we are not to forget the Pine Apple, raised now in every good Garden by the artificial Heat of Stoves, and by many of those who supply the Markets: These, as the Heat that raises them is artificial, may be had in a Manner throughout the Year, but the Time when they are most plentiful, and indeed finest, is when the natural Temperature of the Air is not very different from that made by Art in their Stoves, therefore this and the two succeeding Months are the Season when Pine Apples are not only best but most plentiful in England.

They are kept alive by actual Fires during the Year, therefore the Expence of Coals and Attendance is very considerable; yet they have now brought the Fruit to a moderate Price, Half a Guinea will purchase the finest in our Markets, and very good ones may be had for seven Shillings and six Pence, others down to Half a Crown.

S E C T. II.

Of COOKERY.

C H A P. I.

Of Roasting.

A R T. I. *To roast a Pig the Spanish Way.*

TAKE out the Liver of the Pig, and shred it into exceeding fine minced Meat. Set this by on a Plate: Then mince in the same Manner two Anchovies, first washed and boned, four Truffles, two Morels, half a Dozen small Mushrooms, a Table Spoonful of Capers, a Slice of Bacon, half a Clove of Garlick, and some Leaves of Thyme and Sweet Basil, or in want of that Sweet Marjorum.

When these are all minced very fine, put the Liver to them, and mix them very well; toss it all up together in a Saucepan.

Whilst this is doing, make the Pig ready for the Spit, stick two small Onions full of Cloves, put the minced Meat and the Onions into the Belly of the Pig; put also into the Belly a Piece of Butter broke into several small Scraps, and placed in different Parts among the Meat and Onions.

When all this is in, sew up the Belly, and lay the Pig down to the Fire.

Prepare for the Basting a Quantity of the finest Sallad Oil, and a large Goose Feather: As the Pig roasts baste it carefully all over with the Oil, dipping the small End of the Feather in it, and drawing it
from

from Time to Time well moistened all along the Body of the Pig.

By this Means the Pig will be of a better Colour than all the Art and Dilligence of Cookery can make it any other Way, and the Crackling very crisp and very tender ; this Way of Dressing also always prevents the Skin from blistering.

When it is enough, take it up, open the Belly, and take out a little of the Stuffing ; put this into a Saucepan with a Piece of Butter and some of the Pig's Gravy, and tofs it up for Sauce.

This may give the Reader a general Notion of the Spanish Cookery. Here is a Dish very rich and yet not loaded with a Multitude of Ingredients, or with a Confusion of Tastes ; the Pig comes up in its own Form, only better than any Way else, and the Sauce is made of its own Gravy.

The French have adopted this Piece of Cookery, and those of the best Taste among them, are very fond of it, preferring it to all the Manglings and Stewings of their own Receipts.

Those who chuse may leave out the costly Ingredients of the Stuffing, and make the Dish come no dearer than a common roasted Pig, tho' it will be beyond all Comparifon better.

2. *Pigeons stuffed and roasted.*

Take out the Livers of the Pigeons and mince them very small ; then lay down the Pigeons to heat a little just to blanch them. Mince very small a Handful of the young Leaves of Fennel, half a Handful of Parsley, and a few Chives : Mince separately a Piece of Bacon cut very thin ; and when these are done, mix the minced Liver with them.

Stuff the Bodies of the Pigeons with this, then roast them : Serve them up with a rich Gravy for Sauce.

The French usually send up a Raggoon of some Kind with them ; but this is too much ; it runs into
the

the common Fault of their Cookery, which is the Confusion of Tastes.

3. *To roast a Pike.*

Chuse a Couple of large fine Silver Eels, skin them, gut them, and cut the finest Part of their Flesh into long square Slices for Larding.

Chuse a large Pike, scale it, and clean it; scar it slightly with a very fine Knife, and with a careful Hand; lard it well with the Pieces of Eel.

Make a good Quantity of rich Seasoning thus: Strip some Sweet Herbs, and chop the Leaves fine, bruise four Cloves, mix them with a good Quantity of Salt and Pepper, grate in three Quarters of a Nutmeg, and mix these with the Herbs; roll the Pike well in this Seasoning, that it may get into the Scars, and then lay it down, tying it fast to the Spit the whole length.

Make a Sauce for basting it thus: Melt a little Butter, pour it into a Bowl, and put to it a Glass of white Wine; add two Table Spoonfuls of Vinegar, and squeeze in the Juice of a large Lemon.

Keep the Drippingpan extremely clean; baste the Pike as it roasts over and over again with this, and when the Fish is near done, make the Sauce thus:

Cut small a Couple of Anchovies, first washed and boned; put these into a Saucepan, pour to them all the Basting out of the Drippingpan, and tofs it up over the Fire. Strain this thro' a Sieve, then put it into the Saucepan again; add to it a Dozen Oysters, and half a Score Grains of whole white Pepper, mix all, and laying the Pike carefully in a Dish, pour this to it.

4. *To roast a Pullet with Onions.*

Scrape some very fine fat Bacon, and mix it with the Leaves of savoury Herbs.

Chuse a fine young Pullet, raise the Skin of the Breast, and put in this Stuffing.

Then

Then pick it and lay it down to roast.

Chuse a couple of Dozens of small fine round Onions; boil these in Water, take them up, set them to cool, and take off the outer Skins; when they are clean and tender, set them over the Fire in a Saucepan with some Essence of Gammon of Bacon, and let them scimmer together for some Time.

When the Pullet is done, take it off the Spit, place it handsomely in the Dish, and lay these Onions round it; pour the Essence in which they were stewed carefully round them, and serve them up.

This is a very pretty Dish, and to be provided with little Expence or Trouble. The French improve upon it by parboiling the Fowl, first tying up both Ends, and then covering it with Slices or Bards of Bacon, before they lay it down to the Fire. The Onions are to be dressed as we before directed; and to those who chuse the Trouble, this is a great Addition.

5. *To roast a Calf's Tongue.*

Set on a Stewpan with some Gravy, put in the Calf's Tongue, cover it up close, and set it to stew over a moderate Fire.

When it is three Parts enough, take it up, peel it carefully, and lard it with Bacon: Then lay it down to roast. When it is of a fine Colour, thicken up some of the Gravy for Sauce, and send it up. 'Tis a small Dish but a very elegant one.

Several Tongues may be done thus together, running Skewers thro' them, and fastening them to the Spit; and this Way four make a very pretty Appearance.

6. *To roast a Shoulder of Venison.*

Cut some fine fat Bacon into Pieces for larding, and let them be pretty large.

Make a Seasoning of some Pepper and Salt, mix it with grated Nutmeg, and about three Cloves bruised; mix all these together, roll the Pieces of Bacon in it, and set all by together on a Plate.

Then

Then put into a Soop Dish large enough to hold the Venison, a Bottle of white Wine, and half a Pint of Verjuice; throw in four bay Leaves a little bruised in the Hand, and a Bundle of Savoury Herbs; add some Pepper and Salt, and stir all well together.

This being ready, lard the Shoulder of Venison well with the prepared Bacon, and strew the Remainder of the Seasoning upon it.

Lay the Shoulder thus prepared in the Soop Dish, in the Marinade prepared for it, and let it lay three Hours, turning it once in half an Hour.

Have a clear steady Fire ready; take the Venison out of the Soop Dish and spit it; lay it down at a good Distance from the Fire, and let it roast leisurely.

Let the Drippingpan be made perfectly clean; and pour into it all the Marinade out of the Soop Dish. Baste the Venison frequently with this, and when it is near enough, make the following Sauce:

Take out of the Drippingpan some of the clean Liquor, skim off the Fat, clear away any Foulness that may be on it, and pour it into a Saucepan. Chop a Couple of Spoonfuls of Capers and put them in; add some white Pepper, and squeeze in a fine Lemon, when all is ready, lay the Venison in a Dish, and pour this Sauce about it.

This is a very excellent Dish, and it the more requires the Notice of an English Family, in that for want of knowing how to dress a Shoulder of Venison, we esteem it a very poor Joint. This Way it is equal to many a Haunch that one sees at a good Table; it eats moist, mellow, and excellently well flavoured.

7. *To roast a Haunch of Doe Venison, or any other that is not very fat.*

Cut some fine Bacon into small Pieces for larding, lard the Haunch very well with these without any Seasoning, and lay it down immediately to roast, only covering it up very carefully with Paper.

When it is near enough, make the following Sauce.

Wash and bone four Anchovies, mince them small, and put them into a Saucepan with some Essence of Ganimon of Bacon, and two Spoonfuls of chopped Capers, when they are hot; add half a Pint of hot Gravy of some rich Kind, or of some good Cullis if at Hand, and strew in some Pepper and Salt: Mix all well, then add half a Spoonful of Vinegar; and when the Venison is taken up, lay it handsomely in the Dish, and pour this Sauce round it.

We do not propose this Way to the Cook for a fine Haunch, but when she happens to have one of an inferior Kind, this is an excellent Method of disguising its Defect, and giving it an Air of Novelty.

As some may not like this French Sauce, who would be very well satisfied with the Dressing of the Venison, they may serve it up with the common Sweet Sauce, or with the following, which is the Sweet Sauce at French Tables.

Bruise half a Dozen Cloves, put them into a Silver Saucepan, or an earthen Pipkin, with a Glass of Vinegar; cut an unripe Lemon into Slices, throw that in, then add some Pepper and Salt, and a large Spoonful of the finest Sugar powdered. Break in a Stick of Cinnamon, and throw in a little Bay Salt; boil all together, and strain it thro' a Sieve for Use.

C H A P. II.

Of Boiling.

ART. I. *To boil Scate.*

CHUSE a large thick and very fine Piece of Scate, perfectly fresh and firm, for this is a Fish that soon spoils, and when it is but beginning to grow bad, no Art can make it do the Cook any Credit.

Set on a deep Stewpan with as much Water as will be sufficient to boil it; add to this a Pint of Vinegar,
or

or more if it be a very large Piece of Scate, and put in also a Bundle of Sweet Herbs, and some Bay Salt and white Pepper, and half a Dozen whole Cloves.

Put in the Scate and let it boil gently.

When the Fish is near done, throw in the Liver, and let it boil two Minutes; take this out, and when the Fish is enough, take off the Stewpan; and when it cools skin and perfectly clean it: Lay it on a Dish and the Liver by it, and then pour round it Parsley and Butter. The French make their Sauce of oiled Butter, Parsley, and some Vinegar.

2. *To boil Sheeps Tongues.*

First put the Tongues into cold Water to clean them perfectly; out of the cold Water throw them into hot Water, and when they have lain in it some Time, take them out and peel them.

While they are peeling, set on a small Pot for boiling them: Put into this a sufficient Quantity of Water, and half a Dozen Onions quartered. Add a large Bunch of Sweet Herbs, a Dozen Cloves, some whole Pepper, and four Bay Leaves.

When this boils, and the Tongues are peeled, throw them in, and keep it boiling till they are enough.

When they are near ready, thicken up some rich Gravy; or if you have some Cullis at Hand beat it ready; drain the Tongues, lay them handsomely in a Dish, and pour this Gravy round them.

Those who have not seen this Dish, would not imagine what an elegant Thing is thus prepared from these cheap and trifling Ingredients. The Tongues by this Management are of a fine Colour, and they have a Flavour from the Ingredients boiled in the Water with them, which is light and pleasing, and extremely elegant, and the Sauce added they are very rich.

C H A P. III.

*Of Broiling.*A R T. I. *To broil Salmon with white Sauce.*

CUT some fine Salmon into handsome Slices for broiling; lay these ready on a Dish.

Melt some Butter in a Saucepan, and add some Basket Salt.

Pour this Butter over the Slices of Salmon, roll them over and over in it, that every Part may be well covered; then put them on a Gridiron over a very clear but slack Fire, let them broil leisurely, carefully turning them as there may be Occasion.

While the Salmon is doing make the Sauce thus:

Wash and bone a couple of Anchovies, mince them small, and put them into a small Saucepan with some Butter, and a Pinch of Flour; season this with Pepper and Salt; add a Spoonful of Capers chopped, grate in some Nutmeg, and put in a whole Leek, a small one, and add a little Water and half a Spoonful of Vinegar.

Keep this scimmering over a gentle Fire while the Salmon is broiling, and when that is near ready prepare a Dish, warm it, and pour in the Sauce; take away the Leek, and lay in the Salmon, sending it up hot.

This is perhaps the best of all Ways of eating fresh Salmon.

2. *To broil a Shad.*

Chuse a fine and large Shad, scale it, clean it, and pour over it some melted Butter in a Soup Dish, roll it about in the Butter; cut some Scores in the Back and Sides with a very sharp Knife, strew some Basket Salt upon it, and turn it about in the Butter again.

When

When it is well covered with the Butter lay it on to broil; let the Fire be very clear, but not violently fierce.

While the Shad is doing make the Sauce thus:

Melt some Butter, and put in a Spoonful of Juice of Sorrel, some Nutmeg, Pepper, and Salt, and when it is all well mixed, add as much Cream as there is Butter; pour this Sauce into the Dish, and lay the Shad in it.

3. *To broil Lampreys.*

Clean them carefully, then cut them into Lengths, and set them ready.

Cut some sweet Herbs, a good deal of Parsley, and some Chives very fine; add to them some Pepper and Salt, mix them on a Saucer, and let them stand ready.

Melt some Butter in a large Saucepan, when it is melted throw in this Seasoning, and when that is well mixed put in the Pieces of Lampreys.

When they have been tossed together two or three Minutes, take them out, drudge them carefully and thick with very fine Crumbs of Bread, and lay them on a Gridiron over a brisk Fire.

While they are doing make the following Sauce:

Put a Piece of Butter into a Saucepan, add a Pinch of Flour, brown it; mince together an Anchovy washed and boned, a Couple of fresh Mushrooms, some Chives, and some Parsley; add a little Nutmeg, some Pepper and Salt, and a few Capers; mix up the whole, and pour it into a warm Dish; lay the Lamprey in it.

4. *To broil Trout.*

As this is the Season in which Trout are in their highest Degree of Perfection, and many esteem this the best Way of eating them, we can by no Means omit it in the present Chapter.

Let

Let the Trout be carefully cleaned, washed, and dried; tie them round and round with Packthread to keep them entire and in Shape; then melt some Butter with a good deal of Basket Salt, pour this over the Trout, and roll it in the Butter till perfectly covered, then lay it over a clear Fire at a good Distance that it may do leisurely.

While the Trout is broiling make the Sauce thus:

Cut an Anchovy, first washed and boned, very small, and chop small also a Table Spoonful of Capers; melt some Butter with a Pinch of Flour, and add to it some Pepper, Salt, Nutmeg, and these Ingredients; last of all pour in half a Spoonful of Vinegar: When the Trout is done take it up, lay it on a warm Dish, pour this Sauce upon it, and send it up hot.

C H A P. IV.

Of Frying.

A R T. I. *To fry Smelts.*

PUT into a deep Soup Dish a Quart of Vinegar, break in four Bay Leaves, put in a Nutmeg shaved, not grated, four bruised Cloves, some Pepper and Salt, and a few Chives chopped, not very small.

This is a Marinade for the Smelts, and vastly improves their Flavour.

Lay the Smelts cleaned in this Liquor, and turn them once in a Quarter of an Hour; let them lie in it an Hour and half, and then take them out; wipe them very dry with a Napkin, drudge them well with Flour, and fry them.

They will thus be of a fine brown, very delicate, and will have all their own rich and elegant Flavour vastly improved by the Marinade.

Some send up a Gravy Sauce for them, and others a Shrimp Sauce, but this is all wrong: If it be any

one's

one's particular Fancy to have such a Sauce, let it be sent up separate in a Sauce Boat, not in the Dish with the Smelts

This Dish should be garnished with crisp Parsley, and nothing should be eat with the Smelts but Salt.

2. *To fry Soals.*

Clean the Soals perfectly, then wash them to complete it, and dry them with Napkins ; set on a Stewpan with some clarified Butter, drudge the Soals with Flour, and fry them in the Butter till they are of a perfectly fine brown Colour.

Drain them perfectly dry, lay a clean and fine Napkin over the Dish, and lay the Soals upon it; garnish with fried Parsley.

Send up with them in a China Sauce Boat, a Mixture of equal Quantities of Juice of Seville Orange and Juice of Lemon, and some Pepper and Salt.

This is the French Sauce, and none is so proper.

Our People, when they fry Soals in this Manner, commonly make a Butter Sauce, which they enrich with Shrimps, or relish with Anchovy, but this is vastly preferable.

3. *To fry Sweetbreads.*

Squeeze into a small Soup Dish four fine Lemons, take out the Pips, and to the clear Juice put some grated Nutmeg, some Pepper and Salt, four whole Cloves, and some Chives cut small; stir all this together for a Marinade.

Blanch a Couple of Sweetbreads, and cut each of them, if large, into three or four Pieces, if smaller only into two Pieces; put these into the Liquor, and let them lie in it an Hour, frequently turning and stirring them about; then make a Batter for them thus:

Beat up one Egg with a little Salt, mix it with some Flour and Water into a moderately thin Condition, then melt about an Ounce of Butter and add

to

to it; stir all together, and if too thick or too thin bring it to be right by a little Flour or a little Water.

This being ready, take the Sweetbreads out of the Marinade and dry them in a Napkin; when thoroughly dry dip them in the Batter.

Set on a Stewpan with some Hogs Lard, when it is hot take out the Sweetbreads from the Batter, and put them one by one into the Pan; let them be fried perfectly brown, then take them up, and drain them carefully from the Fat.

Heat a Dish, and lay over it a Napkin also heated; lay the Sweetbreads on this without any Sauce, garnished with fried Parsley.

4. *To fry Trout.*

For those who love the real Taste of this excellent Fish, there is no Way better of dressing them than plain frying, it gives a Crispness to the Flesh, and leaves its high Flavour entire; it is to be done thus:

Gut and clean the Trout, wash them, and then dry them perfectly with Napkins; cut the Sides and Back slightly with a very fine Knife, strew a little Salt over them, and then drudge them over with Flour.

Set on a Pan with some clarified Butter, and when it is hot lay in the Trout, fry them to a delicate brown, and send them up in a Napkin, garnished with fried Parsley.

We shall shew the Method of making some very elegant Dishes of Trout in the succeeding Chapters, but this is the fine Way to eat them.

C H A P. V.

Of Baking.

A R T. I. *To bake a Turbot.*

POUR into a Silver Dish just big enough to hold the Turbot a Pint of Champagne Wine, but first rub the Dish all over with a Piece of Butter.

Shred

Shred some Parsley and some Chives very fine, shave down a Nutmeg and put to them, add some Pepper and Salt, and put all this to the Wine in the Dish.

When all is thus ready clean the Turbot perfectly, and cut off the Head and Tail, lay it in the Dish, and strew over it some of the same Seasoning as was put to the Wine.

Melt some Butter, and pour a little of it at a Time upon the Turbot, rub it well all over the upper Side of the Fish as it cools, and then drudge it thin with Crumbs of Bread made very fine; send it to the Oven, and when it comes home send it up, with some Anchovy Sauce in one Sauce Boat, and rich Gravy in another.

The French serve up their rich Cullisses with this Fish, and nothing deserves them better.

2. To bake Tench.

Clean a Brace of Tench perfectly well.

Then rub over the Bottom of a Silver Dish, big enough to hold them, with a Piece of Butter.

Sprinkle into the Dish upon the Butter the following Seasoning:

Cut some Parsley very fine, cut also some Chives, and mix with them some Pepper, Salt, and grated Nutmeg; pick some sweet Herbs from the Stalks, and strew these and the other Seasoning over the Dish; last of all shred a large Onion very fine, and scatter it over the Seasoning.

Lay the Tench evenly and regularly in the Dish, pour some melted Butter over them, drudge them with very fine Crumbs of Bread, and send them to the Oven.

While they are baking make a very rich Sauce with Gravy, Anchovies, and Truffles; pour this round the baked Tench, and send them up hot.

Tench stewed in the Manner of Carp are a very fine Dish, and preferable in the Opinion of many to

Carp, but those who value Fish for their true Flavour prefer the baked Tench to the stewed.

The French make a very fine and rich Dish of baked Tench; they take out the Back Bone of the Fish, and stuff it with the Flesh of other Tench made into a Kind of Force-meat with Eggs and Bread, and then bake them, and serve them up with their Cullis of Cray-fish, the Way of making which we have described before.

If any prefer this Method to the plain baking, there is some Trouble but no great Difficulty in the doing of it, and it makes a great Figure.

C H A P. VI.

Of Made Dishes.

A R T. I. *A Bisque of Pullet.*

CHUSE a very fine Pullet, and let it be trussed in the neatest Manner, blanch it in hot Water, and then set it ready for boiling.

Set on a large Saucepan with some rich and very clear Broth or weak Gravy, put into this an Onion peeled and stuck with Cloves, a Lemon cut into Slices, Peel and all, and four or five Slices of fat and lean Bacon.

Put the Pullet into this, and set it over a moderate Fire; as it boils scum it carefully, and when it is thus boiled very clean, and done enough, set it over a Chaffing-dish of Coals that it may keep hot.

While the Fowl is boiling make a rich Raggoo of Sweetbreads, as we have before directed in its Place, let there be put into this some Mushrooms, Truffles, and Artichoke Bottoms, all cut small; let these be all tossed up together with some melted Bacon, and then pour on it some rich Veal Gravy.

Thicken this with Cullis of Veal and of Gammon of Bacon.

When

When all is thus ready soak some Crufts of Bread in strong Broth, lay them round the Sides of a Dish, lay the Pullet in the Dish, and pour in the Raggoo round it, but not upon it.

This is a very elegant and very famous Dish.

A great deal of the Expence and Trouble may be saved by only making a rich Gravy, or a cheap and slight Raggoo, and pouring it round a Fowl thus carefully boiled: This would not be so expensive as the right and perfect Bisque of Pullet, but it would be an exceeding good Dish.

2. *Forced Cabbage.*

This is a cheap and a very elegant Dish, and the young Cabbages that are now just coming into Season are the fittest of all for it.

Pick out a Couple of very fine Cabbages, cut away the outer Leaves of one, and save only the Inside or Heart for boiling; cut out the Inside or Heart of the other more carefully, that the outer Part may remain entire, throw this Outside into boiling Water, and let it scald till the Leaves are pliant and manageable, then take it out, and lay it in a Sieve to drain and to be ready.

Boil the two Hearts of the Cabbages very well.

Boil four Eggs hard, separate the Yolks, and set them ready, chop the Cabbages to Pieces and set that also ready.

Cut very fine Half a Pound of Veal and a Quarter of a Pound of fine fat Bacon, mix with these the chopped Cabbage, and then cut to Pieces the Yolks of the Eggs, mix them with Pepper, Salt, some grated Bread, and a very small Quantity of grated Cheese; mix these with the others, and making the whole into a large round Lump put it into the scalded Cabbage Leaves, tie it up, and set it ready.

Set on a large Saucepan with a Gallon of very strong Broth, put in the forced Cabbage, and let it boil gently till it is thoroughly done, then serve it up hot.

It is one of the Dishes which require no Sauce, for its own Sauce is within it, but some serve it up with Gravy, and some with melted Butter; if any be used the Gravy is much the better.

3. *To dress Chickens the Barbary Way.*

Cut off the Flesh of a Chicken, and make it into a Force-meat with some Bacon, Yolks of Eggs, Bread, and a great deal of Spices; truss another Chicken for boiling, beat it with a Rolling-pin to break the Bones, then fill the Body with this Force-meat.

Set on a large Saucepan with a Gallon of Milk, a Bundle of sweet Herbs, a Nutmeg sliced, and some whole Pepper; when this boils put in the Chicken, and let it boil till it is near enough.

Then take it up, dry it, broil it to a fine brown, and serve it up with a very rich Gravy, or with a cold Sauce made of Juice of Lemon, Pepper, Salt, and Capers: This is the true Way.

4. *To roast Chickens with Gravy.*

Chuse some very small and delicate Chickens, and cut for each of them a Piece of Bacon as long and as broad as the Body of the Chicken, and very thin; loosen the Skin of the Breast all the Way down, and then season the Bacon with Pepper and Salt, some Parsley, and some Chives, all shred small together.

When the Pieces of Bacon are well covered with this Seasoning lay one of them upon the Breast and Body of each Chicken, just of its Largeness, and draw the Skin over it; then tie up the Chickens, that the Skins may not come off in any Part, and roast them in Bards of Bacon, that is, wrapped up in thin and broad Slices of Bacon.

When they are near done make some rich Veal Gravy hot for Sauce; lay the Chickens handsomely in a Dish, taking away the Bards of Bacon that cover them on the Spit, and untying the Packthreads, but not taking out the Bacon that is between the Skin and
Flesh

Flesh of the Breast ; pour the Gravy hot into the Dish to them.

5. *Raggoo of Cray-fish.*

Wash some Cray-fish, and when they are well cleaned boil them in Water, pick them, take off the Tails and the rest of the Shells, and pick out the Body ; let the Shells be saved for other Uses, we have shewn in a preceding Number their Use in making the Cullis of Cray-fish.

Cut off the Ends of the Tails, and then prepare the other Ingredients of the Raggoo.

Shred some Mushrooms, but not small, cut some Truffles into thin Slices, and add some Artichoke Bottoms and Asparagus Tops ; mix all these together, and add the Cray-fish to them.

Toss all up in a Saucepan with a Bit of Butter, and then add a little strong Broth.

Put in at the same Time some Pepper and Salt for Seasoning, some Nutmeg, and three or four Slices of Lemon ; set the Saucepan to scimmer over a very gentle Fire ; add, after it has boiled a little, an Onion cut very fine ; let it scimmer on, and when it is thoroughly enough put in some Cullis of Cray-fish to thicken it ; send it up hot in a small Dish.

It is the best Way of eating Cray-fish, and is a very excellent Dish.

6. *Maiden Cream.*

Break five Eggs, save the Yolks for other Uses, beat up the Whites with some Orange-Flower Water and Sugar, and add some Milk.

Set a Plate to be warmed over a Stove with a little Cinnamon.

When the Plate is warm, and the Mixture is well beat up, pour it in, let it stand over the Stove till it is done enough, then make a Fire-shovel red hot, and hold it over the Plate to brown it ; serve it up as soon as well coloured.

7. *Chocolate*

7. *Chocolate Cream.*

Mix together a Quart of Milk and a Quarter of a Pound of the finest Sugar, set them over the Fire and boil them for some Time; beat up the Yolk of an Egg, put it in, and let it boil up two or three Times, then take it off the Fire, and put in some Chocolate to colour and give it a Flavour; send it up hot.

8. *Cutlets with Raggoo.*

Cut some large and handsome Veal Cutlets, beat them flat upon a Dresser, then lard them carefully, drudge them with a Mixture of Pepper, Salt, Crumbs of Bread, and shred Parsley.

Lay them in Readiness.

Then make a Raggoo of Veal Sweetbreads, with Mushrooms, as we have before directed, and when this is ready dress the Cutlets.

They are to be tossed up in melted Bacon till they are well done and of a fine brown; then heat a Dish, keep the Raggoo hot, lay the Cutlets handsomely in the Dish, and pour the Raggoo over them. Send them up hot.

There is no Occasion to make a large Raggoo, nor to put in any expensive Ingredients; so that this Dish may be made at a small Price, and without any great Difficulty, and it is a very fine and elegant one, fit to come to the best Table.

9. *Cutlets with four Sauce.*

Cut some fine and moderately thick Veal Cutlets, set them on in a Saucepan of Water, and let them boil till they are pretty well done, then take them out, and lay them to drain and cool.

Make a Batter of Eggs and a little Flour, and let it be pretty thin.

Set on a Pan with some Hogs Lard, when it is hot dip the Cutlets in the Batter, and then put them into the Pan; let them fry till they are of a fine brown.

Make

Make a Sauce of Verjuice, Salt, and Pepper, mix it in a China Sauce-boat, and send it up with the Cutlets.

This is the French Way of eating them, but it will not please an English Palate till used to it; however, the Dish need not be neglected for that. These Cutlets eat very well with a good Sauce of Gravy or Cullis.

10. *Cutlets marinated*

Squeeze into a small Soup Dish four good Lemons, take out the Pips, and put to the Juice three Bay Leaves broken, some Chives shred small, some Pepper and Salt, half a dozen whole Cloves, and a Glass of Verjuice.

Cut some handsome Veal Cutlets, beat them flat, and lay them in this Liquor to marinate; let them lie in it three Hours, turning them once in Half an Hour.

Then make a thin Batter thus :

Beat up an Egg, and mix with it some Flour and Water, melt an Ounce of Butter and pour it in, stir all these together, and keep the Batter of a due Consistence, by adding a little Water if too thick, and a little Flour if too thin.

When this is ready, set on a Pan of Hogs Lard.

When that is hot take out the Cutlets from the Marinade and dip them in it; when they are handsomely covered with the Batter put them into the Pan, and fry them to a fine brown.

Then heat a Dish, lay them in, and send them up garnished with fried Parsley.

We in England are very fond of Sauce, so they who chuse it may put Gravy Sauce to these, but they are better without.

11. *Cutlets in Hodge-Podge.*

Cut some thick Cutlets either of Veal or Mutton, set them on to boil in a small Quantity of strong Broth, and put on with them some Turnips cut in Quarters; let them boil half an Hour, then add some Pepper and Salt, some Sweet Herbs, and a whole Leek; and lay some Chesnuts to roast.

When the Broth and its Ingredients have scimmered some Time, and the Chesnuts are cracked peel them; break them, but not very small, and put them into the Saucepan.

Let it continue upon the Fire scimmering till the Cutlets are thoroughly done, and the Chesnuts well soaked through; then pour it into a warm Sloop Dish, and send it up.

12. *Cutlets with Gravy.*

Cut some fine Cutlets of Veal or Mutton, beat them flat and make ready a Seasoning, and some melted Bacon.

The Seasoning is to be made thus: Shred some Parsley very fine, pick and chop to Pieces some Savoury Herbs, and grate in a little Nutmeg; add some Pepper and Salt, and a few Crumbs of Bread made very fine.

Set this Seasoning ready on a Plate, and then dip the Cutlets in the melted Bacon, sprinkle them immediately over with some of the Seasoning, and make it stick on as thick as you can: Then lay them on a Gridiron over a very clear Fire, and let them be nicely browned; strew some more Crumbs of Bread over them every Time they are turned, and when they are well done, and of a good Colour, serve them up with some good Gravy.

There are a great Variety of Ways of dressing a very cheap and very common Dish. We in general go on in the same Trot Road, broiling them and nothing more, or else making them into Collops with various Ingredients.

These

These two Ways of dressing we have in the former Part of this Work described, with all the Cautions needful for doing them well; but here we see a Variety of other easy Methods, by which a Man who had nothing to eat but Cutlets, might have a new Dish out of them every Day; all Elegant, and none of them at all Expensive.

13. *Veal a la Daube.*

This is a Dish intended to be eaten cold, and as there are several other Articles besides Veal that may be done in the same Way, and the Season is now coming when such Dishes will be very agreeable, it is highly necessary that the Cook be made acquainted with it.

Daube is properly a cold Ragoo; the Way of doing it in Veal is this.

Take off the Skin from a Piece of Veal; lard it carefully, and then set it in Readiness.

Put into a large Soop Dish proportioned to the Bigness of the Piece of Veal, a Quantity of white Wine, and Verjuice equally mixed.

Put into this five Bay Leaves broken, ten whole Cloves, a Spoonful of whole Pepper, and some Salt; stir all this well about with a Bundle of Sweet Herbs, then put in that also, and when this Marinade is ready, lay the larded Veal into it.

Let it soak four Hours, and turn it frequently in that Time

When it is taken out spit it, lay it down to a moderate Fire, and pour the Liquor out of the Soop Dish into the Drippingpan; baste it with this as it roasts.

When it is near enough, pour the Liquor out of the Drippingpan into a Stewpan, and taking the Meat from the Spit, put it into the Stewpan with it, pour in as much Gravy as will make it sufficient to cover the Meat, and add a Couple of Anchovies boned, and cut small, a large Spoonful of Capers

chopped, a Lemon cut in Slices, and half a Dozen fresh Mushrooms cleaned and cut to Pieces.

Let the Meat scimmer in these for some Time, and then set it off the Fire.

It may be sent up in this Manner hot ; but the best Way, and indeed the proper Design of the Dish, is to be set by to be cold, and sent up at Supper.

14. *A Green Goose a la Daube.*

Make a large Quantity of Seasoning thus : Mix together some Chives cut small, some fresh Lemon Peel shred, and some Bay Leaves clipped.

Add to these some Pepper and Salt, grated Nutmeg, and Cloves bruised.

When this is ready, cut some Bacon into large Pieces for larding. Pick the Goose and make it very clean ; lard it carefully with these Pieces of Bacon, and throw over it the Seasoning just directed ; then wrap up the Goose carefully in a Napkin, and put it into a small Pot ; pour upon it equal Quantities of white Wine and strong Broth, till the whole be enough in Quantity to boil it.

When it has boiled till you judge it is done enough, remove the Pot from the Fire, and let all be set by together for the Goose to cool in the Liquor.

When all is perfectly cold, take out the Goose, unroll the Napkin, and when it is to be served up, lay a clean Napkin upon a Dish, lay the Goose cold upon it ; and garnish with fresh Parsley.

This is a very elegant Way of eating a Green Goose cold ; and any other Fowl may be dressed in the same Manner. Chickens, Turkey-poults, and Pigeons, are all excellent in this Management. And as there is no Variation in the Way of doing them, we shall let this one Receipt serve for all.

The French dress Partridges, Pheasants, and other Game this Way, but the Tame Fowls do better.

15. *Duck a la Braise.*

This is another of the famous Ways of dressing in foreign Kitchens ; and as several Things are done in the same Method under this Name, we shall here make the Cook familiarly acquainted with it, under the Method of doing a Duck.

Chuse a very fine, young, but full grown and large Tame Duck : Let it be cleaned, picked, and prepared with the most nice Care.

Cut some Bacon into pretty thick Pieces for larding.

Mix some chopped Parsley, Chives, Sweet Herbs, Pepper, Salt, and grated Nutmeg for a Seasoning, with the Pieces of Bacon in this ; and then lard the Duck very well with them.

When the Duck is thus ready, cut some thin Slices of Beef, and some thin Slices of Bacon ; cover the bottom of a large Stewpan with these, and strew over them, and among them some Carrots, Turnips, and Parsnips cut small ; a Lemon shred thin, Rind and all : Half a Dozen Cloves, an Onion cut small, and some Pepper, and Salt, and Sweet Herbs picked from the Stalks, but not chopped.

When the Bottom of the Stewpan is thus covered, lay in the larded Duck, and strew over it what was left of the Seasoning of the Bacon for larding.

Cut some more Slices of Beef and Bacon, and cover the Duck with these, and with more of the Roots, Herbs, and Seasoning : Lay some thin Slices of Bacon over all ; then put on the Cover of the Stewpan, and fix it down close.

Set the Stewpan upon a brisk Fire in a Stove, and put a good deal of burning Charcoal upon it.

When it is enough, take away the upper Coals, and uncover the Pan ; take out the Duck and set it to drain : This is the Duck a la Braise.

The French prefer a Wild Duck, but those who have eat this Dish frequently with me at Bath, when I have tried both, always preferred the Tame.

The Duck being drained, is to be served up with some rich Sauce.

The French usually send up the Ducks dressed this Way with a Raggoo : None is better than the Raggoo of Sweet-Breads before described. They never send up a Raggoo with this Fowl but when it is done *a la Braise* ; but as this is an expensive Way of dressing, we shall give the Reader a Method which answers the same Purpose, with much less Charge and Trouble, and therefore will be more agreeable to all but the greatest Families.

17. *Duck with Raggoo.*

Chuse as before a fine, tender, well grown Tame Duck.

Cut some Bacon into large Pieces for larding, season these with the same Seasoning of Sweet Herbs and Spices directed as before, and lard the Duck very thick with a careful Hand.

Strew the Remainder of the Seasoning over the Duck, and then drudge it well with Flour.

Set on a Stewpan with some melted Bacon ; put in the Duck, and toss it up to brown it : Then put it into a Pot, and make a Brown with the melted Bacon and some Flour. Put this into the Pot with the Duck, and pour in as much good Broth as will just cover the Duck, then season it, and set it on to stew.

When it is near done, put in Half a Pint of Mountain Wine, and then add some Pepper, half a Dozen whole Cloves, an Onion chopped to Pieces, a Handful of shred Parsley and some Sweet Herbs : Lastly cut to Pieces a Lemon, Rind and all, and put that in.

Cover up the Pot again, and set the Duck to stew over the Fire again with these Ingredients : Then, when it is thoroughly done, take it out of the Pot, and serve it up with a Raggoo of Sweet-Breads,
with

with Mushrooms, Truffles, Asparagus Tops, and Artichoke Bottoms.

If this be well managed, the Dish is hardly to be distinguished from the right Way of doing it a la Braise. I have had tolerable Judges at my Table, who have been deceived by it.

We shall have Occasion to direct some other Dishes to be done a la Braise in the succeeding Part of this Work, where to avoid tedious Repetitions, we shall only name it, referring to this Place for the Receipt; and in any of these Cases, the Reader is to keep in Mind, that according to the Choice of the Family, the Dish may either be done a la Braise in the genuine Method, or in this Way that I have now named in it's Stead.

18. *Duck with Pease.*

The Pease are to be made into a Raggoo for this Purpose, and therefore according to the Rule we have just laid down, the Duck must be dressed a la Braise, either in the genuine or second Manner.

Which ever Way be preferred, a young Duck is to be chosen, and the Raggoo is to be made of fine young Pease.

While the Duck is Stewing, this Raggoo must be got ready thus.

The Pease must be tossed up with a little Flour and Butter, some Pepper and Salt, and a Bundle of Sweet Herbs.

When this is done, pour in a little very rich Veal Gravy to moisten them; let them stew a Time in this; then when the Duck is ready, beat up a Couple of Yolks of Eggs in a little Cream, and mix this with the Raggoo of Pease.

Take out the Duck, lay it carefully in a warm Dish, and pour this Raggoo round it, and some upon it.

If the Duck be done a la Braise in the right Way, I would advise the Raggoo to be poured into the Dish,

Dish, and then the Duck laid in without any of the Raggoo upon it; but if it be done in the other Way, let the Raggoo be poured over it, when in the Dish. There will be some difference in the look of the one and the other, and the Raggoo entirely hides this.

19. *To dress Eels a la Daube.*

This is a Dish like the other Daubes, intended to be eaten cold, but there is a Particularity in the Manner of dressing it: It is to be done thus:

Chuse three fine Eels, and a Brace of handsome Tench.

Cut open one of the Skins of the largest Eels, and lay it ready for the Reception of the Meat.

Pick the Flesh of these Eels and of the Tench from the Bones, chop the whole together, and season it with Salt and Pepper; grate in three Quarters of a Nutmeg, and add three Cloves bruised.

This being all mixed perfectly well together, cut out the Flesh of a Couple of other large Eels into longish slender Pieces, such as are cut for Larding. Cut open another of the largest Skins, and lay that also ready spread flat out upon a Table.

Then begin to lay the Meat upon the first Skin.

First lay a Layer of the Slices of Eel, then a thicker Coat of the Minced Meat, upon this put more of the Slices of Eel, and upon them more of the Minced Meat.

Thus go on till all is used, and there be a Heap of it together of the Shape of a Brick. Press this gently down with the Hand, and lay over it the other Skins, tie them round and secure them in such Manner, that the whole may keep entire; then wrap it up carefully in a Linnen Cloth, and put it into a large Saucepan with some fresh Broth.

Set it over a gentle Fire, and let it do leisurely for some Time.

When it is judged to be three Parts done, pour in a Pint of red Port Wine, and put in at the same Time

Time half a Dozen whole Cloves, a Couple of Bay Leaves broke, and some whole white Pepper and Salt.

Cover up the Saucepan, and let this Stew till the Eel be thoroughly done; then set it off, that it may all cool together.

This is the Dish the French eat instead of our Collar'd Eel.

They cut Slices of this and send it to Table on a small Dish, it looks beautiful, and eats very fine.

20. *Poached Eggs with Cucumbers.*

This is a very elegant little Dish, and as it depends entirely upon the Choice of each of the two Articles, the Eggs being new laid, and the Cucumbers young and fresh, no Time of the Year can be properer for it than the present.

Cut an Onion to Pieces, put it into a Soop Dish, pour upon it some Vinegar, then add Salt and Pepper; stir all well together and cover it up.

Get half a Dozen young and fine Cucumbers, peel them, split them open, and if there be large Seeds in any, cut them out.

When the Cucumbers are thus prepared, put them into the Soop Dish to the Vinegar and Ingredients; let them be there an Hour.

Then take them out, put them into a Saucepan, and toss them up with a Piece of Butter. When they begin to grow brown, pour in some Broth, and set them over a gentle Fire to scimmer for a Quarter of an Hour.

Then take off the Fat, put to them some rich Cullis, and set it on again, that it may be kept hot and perfectly mixed.

Chuse half a Dozen fine large and perfectly new laid Eggs; break them into a Cup one by one, and poach them in Butter: Lay them handsomely in a small Dish one by one as they are done; cut away all
the

the White, so that nothing remains but the round Yolk ; and push these pretty close together.

When they are all in, pour the Raggoos of Cucumbers over them hot, and send them up immediately : This is a small, but an extremely elegant Dish.

21. *To dress a Hare the Swiss Way.*

Set on a Stewpan with some strong rich Broth ; cut a Hare in Quarters, and lard them well with thick Pieces of Bacon.

Strew some Pepper, Salt, and beaten Cloves into the Broth, stir it together, and then put in the Quarters of the Hare.

Cover it up, and set it over a gentle Fire ; let it stew till it is three Parts done, then add a Bottle of Red Port Wine, and some Blades of Mace : Cover up the Stewpan again, and set it over a gentle Fire to be thoroughly done.

When the Hare is near enough, make a Sauce thus : Mince the Liver very small, and having saved what Blood you could from the Hare, put these into a Saucepan together, dust in a little Flour, and add half a Spoonful of Vinegar : Make all these hot together, and while they stand on the Fire, chop a Spoonful of Capers, and cut off the fleshy Part of a Couple of Dozen of Olives ; mix all this together in the Saucepan of Sauce.

Take out the Hare, and lay the Pieces regularly and handsomely in the Dish ; pour in this Sauce, and serve it up hot.

22. *A Raggoos of Lamb.*

Set on a Stewpan with some rich Broth, put in some Pepper and Salt, and half a Dozen whole Cloves ; and add half Dozen Mushrooms, and a Bunch of Sweet Herbs. Let these heat together.

Then cut some Lamb into moderately large Pieces ; beat them flat, and toss them up in a Saucepan to brown

brown them, and then put them into the Broth, cover up the Stewpan, and let them stew till they are enough.

When the Lamb is done, thicken up the Sauce with some rich Cullis, and serve it up hot.

This is a cheap Raggoon, but it is a very good one.

Mutton may be done in the same Manner, but Lamb is better.

23. *To stew Lettuces.*

Cabbage Lettuces are the best for this Purpose, and such are to be chosen as are large, thick, and very well cabbaged.

Take a Dozen of these large and fine Lettuces, wash them in several Waters, and see they are perfectly clean, then put them into a Pot with a large Quantity of Water, and boil them half an Hour.

Take them out one by one with a Skimmer, and lay them in a large Hair Sieve to drain.

When they are a little cooled throw them into a large Pan of cold Spring Water, stir them about, then one by one take them up, squeeze them gently in the Hand to get out the Water, and when drained in this Manner as well as they can be, place them one beside another regularly in a small Stewpan.

Mix up a Quarter of a Pound of Butter with a Tea Spoonful of Flour; put this into the Middle of the Stewpan.

Put in three Blades of Mace whole, and a Piece of Bacon as big as a Walnut, with half a Dozen Cloves stuck in it.

When all these are in pour upon the Lettuces as much Veal Broth as will just cover them, sprinkle in some Pepper and Salt, and set them over a clear Fire.

They must be kept scimmering in this Way three Quarters of an Hour.

By this Time the Lettuces will be thoroughly stewed, and the Broth will be thick and rich like Cream.

Pour over them a little drawn Butter, and give the the Pan a Shake about, but it must not be tossed, for that would break the Lettuces, and the Beauty of the Dish is to see them come up whole.

All being thus finished, warm a small Dish and slide out the whole carefully so as not to break the Lettuces; lay them regularly, and take out the Mace and the Bacon with the Cloves; place some toasted Sippets about the Edge of the Dish, and send it up hot.

This is not only a very pretty Dish of itself, but it serves for other Purposes.

A boiled Chicken served up upon a Dish of stewed Lettuce is very elegant and agreeable.

But when it is intended for this Purpose, it is better to thicken it up farther by mixing in a Yolk of an Egg and Cream.

24. *A Raggoo of Mushrooms.*

Chuse some Mushrooms of a moderate Size, clean them perfectly, and then set them on in a Saucepan with some melted Bacon, Pepper and Salt, and a Spoonful of shred Parsley; toils them up, and then moisten them with some rich Gravy.

When they are well done thicken them with Cullis, or if that be not at Hand thicken up the Liquor in the common Way, and serve them up.

25. *Mushrooms with Cream.*

Chuse some half grown Mushrooms, clean them, cut them to Pieces, and toils them up in a Saucepan with some Butter, seasoned with Salt and some grated Nutmeg, and with a Bunch of sweet Herbs.

Let them be tossed up over a brisk Fire, and when they are done enough pour in some thick Cream; let all be well heated together, and send them up in a warm Soup Plate.

CHAP. VII.

Of Puddings.

ART. I. *A fine Rice Pudding.*

CLEAN some Rice, blanch it in Water, and then set it on in Milk proportioned to the Quantity of the Rice; put in some Salt at first, and when it is half boiled break in a large Stick of Cinnamon, let it boil some Time longer with this, and then add some fine Sugar powdered.

When the Rice is boiled tender, and the whole is thick, take it from the Fire.

Pick and wash half a Pound of Currants, and stone the same Quantity of the finest Raisins of the Sun.

Beat up six Eggs with three of the Whites, mix these with the Rice and Milk, and then put in the Currants and Raisins, and stir all well together.

Break a Pair of good Beef Marrow Bones, take out the Marrow, cut it into small square Pieces, and stir these in; then put it into a Dish, and send it to be baked.

We have in the preceding Numbers instructed the Cook to make common or ordinary Rice Puddings; this is a very delicate one, and is fit to appear at any Table.

Suet may be used instead of Marrow, but it is much inferior to it, and for a Dish intended to be elegant the Difference of Price is not worth minding.

2. *Potatoe Pudding with Orange.*

Boil two Pounds of very sound and fine Potatoes, peel them carefully, and put them into a Marble Mortar, beat them to a Mash; then melt half a Pound of Butter, pour it in by Degrees to the Potatoes, and beat all up together well, then boil it half an Hour.

When it is thus done, pour over it some melted Butter and a Glass of Mountain Wine; last of all squeeze over it a fine Seville Orange, and dust on some fine powdered Sugar; send it to be baked, and order it to be but little done.

Some eat this Kind of Potatoe Pudding boiled, but the baking gives it a very fine Relish.

3. *A Cowslip Pudding.*

Pick the Flowers of a Peck of fresh-gathered Cowslips, chop them small, then put them into a Marble Mortar, pound them well, and mix with them half a Pound of Naples Biscuit and three Pints of thick and rich Cream; put the Cream in by a little at a Time; but in the End let the whole be well beaten together.

Set this all together on the Fire in a large Saucepan.

Mix together three Spoonfuls of Cream and two Spoonfuls of Rose Water; set it by you in a Glass.

Then break twelve Eggs into a Punch Bowl, beat them up with the Rose Water and Cream, and sweeten the whole to the Taste; mix this with the boiling Ingredients in the Saucepan, and set it off the Fire.

Butter a Dish of a proper Size, pour this in, and when it is enough baked strew some of the finest Sugar powdered over it, and send it up hot. It is an elegant Pudding.

4. *A Quaking Pudding.*

Take a Quart of Cream, twelve Eggs, Whites and all, beat them very well, and strain them into the Cream, strew a good Spoonful of Flour over the Cloth, pour in the Pudding, tie it up, and let it boil very fast an Hour.

5. *A Boiled Loaf.*

Let a Penny Loaf be rasped; put it into a Pan, and pour upon it a Pint of Milk boiling hot.

Let it stand till all the Milk is soaked up, and then tie it up in a Bag, and boil it a Quarter of an Hour; this will do it sufficiently.

Take

Take it out of the Bag, lay it in a warm Dish, and pour over it some melted Butter; throw some fine Sugar powdered over this, and then squeeze over it a Seville Orange: If a little white Wine and Rose Water be mixed in the Butter while it is melting it will improve it, and if the Orange Juice be done in the same Manner it eats well.

6. *Chestnut Pudding.*

Boil a Dozen and half of Chestnuts in some Water for a Quarter of an Hour.

Then pour them into a Sieve; as they cool pick off the Peels, and throw them into a Mortar, beat them to a Paste with a little Orange-Flower Water, then pour in a Glass of Sack, and grind all together to a thin Paste.

Beat up twelve Yolks and six Whites of Eggs, mix this well with the Chestnuts, grate in some Nutmeg, and then strew in some Basket Salt.

Pour in three Pints of rich Cream, and half a Pound of melted Butter; mix all these Ingredients perfectly well together.

When the Pudding is thus ready cover a Dish with fine Puff Paste, and pour in the whole.

Send it to the Oven.

When Cream is not to be had, Milk thickened up with some Yolks of Eggs, will do in this and the before-mentioned Puddings.

In this Case three Eggs are to be allowed to every Quart of Milk.

7. *A Cream Pudding.*

Set on a Quart of Cream in a Saucepan, put to it two Blades of whole Mace, and grate in half a Nutmeg; let it boil up, and then set it off to cool.

Blanch a Quarter of a Pound of Almonds, and beat them to Palle, with a Spoonful of Orange-Flower Water.

Break eight Eggs, beat up all the Yolks and three of the Whites, mix with this the Almonds, and then by a little at a Time mix in all the Cream.

When

When the Pudding is thus ready take a thick Cloth, wet it, flour it well, pour in the Pudding, tie it up, and boil it briskly half an Hour.

When it is taken up, melt some Butter with half a Glass of Sack, pour this upon the Pudding, and strew some Sugar over the whole; send it up hot. It is a very nice and elegant Kind of Pudding.

8. *Norfolk Dumplings.*

Beat up a Couple of Eggs with a little Salt, and by Degrees mix in half a Pint of Milk, then get in as much Flour as will make the whole into a pretty thick Batter.

While this is beating up let a large and very clean Saucepan be set on the Fire, three Parts full of Spring Water.

When this boils, drop in the Batter in such Quantities at a Time as will serve for a small Dumpling; keep the Water boiling briskly, and they will be done in three Minutes.

Pour off the Water through a Sieve, and lay the Dumplings hot into a Dish; they are to be served up with a Piece of plain Butter let into each by cutting a Hole at the Top.

They are a very good Kind of Dumpling, and cost scarce any Thing but Care; but the greatest Niceity is required that every Thing be clean, else they are spoiled.

C H A P. VIII.

Of Pies.

A R T. I. *An Artichoke Pie.*

MAKE a good Puff Paste Crust, and spread it carefully over a Dish, rub a Quarter of a Pound of Butter over it very evenly and regularly, then set it ready.

While

While this is doing a Dozen young Artichokes are to be well boiled, separate the Leaves and the Choke, cut the Bottoms clean from the Stems, and lay in as many of these Side by Side as will cover the Bottom of the Dish.

Strew some Pepper and Salt upon these, and sprinkle in last of all a little beaten Mace.

Lay another Layer of the Bottoms upon these, and strew some of the same Spice and Seasoning upon them.

Break a Quarter of a Pound of fresh Butter into small Pieces, and mix it carefully among the Chokes.

Set on a small Saucepan with a Quarter of a Pint of Water, cut to Pieces half an Ounce of Truffles, and the same Quantity of Morels, boil them in this Water; then pour the Water into the Pie, and scatter the Truffles and Morels over the Bottoms.

While this is doing boil twelve Eggs hard, take the Yolks clean out, and lay them regularly in the Pie.

This done pour in a Quarter of a Pint of Mountain Wine all over the Bottoms, and then put on the Lid.

Send it to the Oven, with particular Charge not to over do it: When the Crust is baked it is enough, for the Things are all dressed before.

It is a very rich and extremely pleasant Pie, and is to be served up hot.

2. *An Onion Pie.*

This, though we commonly call it an Onion Pie, is made of a Mixture of Potatoes, Onions, and Apples, and they ought to be in equal Quantities to give it a good Taste.

It is to be made thus:

Boil about a Pound and half of Potatoes, and when they are pretty well done, peel them and cut them into Slices, peel the same Quantity of Onions, and cut them also into Slices, and pare some Apples, cut them

them in the same Manner into Slices, taking out the Cores.

When the Ingredients are thus ready make a good Crust, and cover a Dish with it; break a Quarter of a Pound of Butter into small Pieces, and distribute this over the Crust; and then make the following Seasoning:

Grate down a whole Nutmeg, bruise a Quarter of an Ounce of Mace, mix these together, and add a Tea Spoonful of beaten Pepper, and three Tea Spoonfuls of Basket Salt; mix all these together, and strew some of it over the Bottom.

Then lay in a Covering of the Potatoes, Onions, and Apples interchangeably, a Slice of one and a Slice of another.

Then lay in the Yolks of four Eggs boiled hard.

Upon these lay in some Potatoes by themselves, then some Onions, and at Top some Apples.

Dust in some of the Seasoning as every Parcel is put in.

Mix half a Dozen more hard Yolks of Eggs in different Parts of the Pie, and also half a Pound of Butter broken into Scraps.

When all is thus in, spread over the upper Layer some Butter, and scatter on the Remainder of the Spices.

Cover up the Pie, and send it to the Oven, first pouring in a Quarter of a Pint of Water.

As the Potatoes are boiled before they are put in, half an Hour in a moderately hot Oven will do the Pie. It is to be sent up hot, and is a very good Dish.

3. *Cherry Pie.*

As Cherries are now coming in, there will be a Variety and Novelty in sending up once in two or three Days a Cherry Pie, which is best of all made thus:

Chuse a proper Quantity of large Duke Cherries gathered in a Morning, for they are then fullest and
finest.

finest flavoured, pick them from the Stalks, and see they be very clean.

Prepare a Quantity of Sugar, which must be the very finest Loaf Sugar beat to Powder, and make a small Quantity of very good Crust.

All being thus ready, lay in a little Crust handsomely round the Edge of the Dish, then strew in a thin Covering of the powdered Sugar upon the Bottom; this done lay in the Cherries even and regular without breaking, and if there be a blemished Cherry leave it out.

When half the Fruit is in strew over them some of the powdered Sugar, then lay in the other half, and over them strew more, then put on the Lid, and let it be baked in a slack Oven.

Some, when Currants are in their greatest Perfection, strew in a Quantity of picked Currants among the Cherries: In this Case there must be a larger Quantity of Sugar allowed, because of the Sharpness of the Currants; but the Cherry Pie, if made of a proper Fruit, and of a right Degree of Ripeness, is better without them.

It may be very proper to put some large Cherries into a Currant Pie, because the Currants are too sharp; but well-chosen Cherries are so moderate between sharp and mellow, that they need no Addition.

4. *A Muscle Pie.*

Clean a Quantity of Muscles, and put them into a large Saucepan, without any Water, to stew.

While they are doing make some good Crust, spread some over the Sides of a small Dish, and set it ready.

When the Muscle Shells are all open, and the Fish tolerably done, take them up, take out the Muscles, pull away the Beards, and see there be no Spiders or young Crabs in them.

Put these picked Muscles into a clean Saucepan, pour to them as much of their own Liquor strained from the other Saucepan as will be enough to cover

them; put in a Piece of Butter, and some Crumbs of Bread.

Strew in some broken Blades of Mace when they are near done, then pour the whole into the Dish, put on the Cover, and send it to the Oven. Half an Hour will do it.

It is a very pleasant Pie, and is the safest Way of eating Muscles.

A Scollop Pie made in this Manner is a very rich and excellent Dish, and a Pie may be made in the same Manner of Oysters; in this Case the largest and finest Oysters are the fittest.

5. *A rich Pigeon Pie.*

Chuse a Dozen very fine young tame Pigeons, pick them carefully, and truss them.

Cut out some good Bacon into Pieces for larding, and lard the Breasts of the Pigeons very well.

Make a Seasoning of Pepper and Salt, Nutmeg, and Savoury Herbs, and when the Pigeons are larded strew this all over them till they are well covered with it.

Shred fine some Chives, a good deal of Parsley, and some picked Leaves of Savoury Herbs; mince some Morels, and two or three Truffles; cut the Livers small, and chop twice their Weight of Beef Marrow, and half as much fat Bacon as there are Livers; mix all these together, and when they are well chopped pound them in a Mortar.

Stuff the Bodies of the Pigeons with this, but do not use it all, for there must be some to go in loose.

All Things thus ready, make some very fine Crust, lay it in a Dish of a proper Size, and spread over it the Remainder of the Force-meat reserved for that Purpose; let this lie on it in a thin equal Layer.

Lay in the Pigeons regularly and carefully, with here and there a Bay Leaf among them.

When

When they are all in cut some large and thin Slices of Veal, and in the same Manner some thin Slices of fat Bacon, cover the Pigeons in the Pie with these Slices, and then send it to the Oven, with Orders that it be carefully and thoroughly baked.

When it comes home take off the Top, take out the Veal and the Bacon, skim off the Fat, and pour in a good hot Raggoo of Sweetbreads made as we have before directed; lay on the Lid again, and send it up hot.

A Pie may be made of two or three Turkey Poults in the same Manner.

6. *A Duck Pie.*

Chuse for this Purpose a Couple of fine Ducks, wild or tame, according to the Taste of the Company, truss them for roasting, and then put them on in some Water and parboil them.

While the Ducks are on the Fire, cut out some fine fat Bacon, and some Lean of Ham, into proper Pieces for larding.

Lard the Ducks well with this, and make a Seasoning of Parsley, Chives, sweet Herbs, Pepper, and Salt.

When the Ducks are larded, strew a good deal of this Seasoning over them.

The Ducks being thus perfectly ready, roll out a Sheet of Paste an Inch thick, and raise it into the Form of a Pie.

Cut some thick Slices of Bacon, beat them well with a Pestle, and lay them thick at the Bottom of the Pie; then lay in the two Ducks.

Fill up the Space about the Ducks with Mutton Chops larded, strew some of the same Seasoning as was before used over these Chops, and then put the Remainder over the Pie, when they are in.

When the Pie lies even at the Top, lay upon it some thin Slices of Veal, and over these some of Bacon, then lay on a Sheet of Crust for a Cover,

and send it to the Oven, where it should stand four Hours.

When the Pie is ready to come home, make a Rag-goo to add to it.

This should be made of Sweetbreads, Livers, Cocks-Combs, Truffles, and Mushrooms; they must be first tossed up in melted Bacon, and then adding some good Gravy they must stand scimmering three Quarters of an Hour.

After this the Fat is to be taken off, and if there be any Cullis of Ham and Veal in Readiness, a little of that should be added, if not, the Raggo will do very well without it.

When the Pie comes home place it in a Dish, raise the Cover, take off the Pieces of Veal and Bacon, then skim off the Fat, and pour in the hot Raggo; lay on the Cover again, and send it up.

7. *A Soal Pie.*

Get some large and very fine Soals, and get also three or four large Eels of the right Silver Kind.

Skin and clean the Eels, cut the Flesh from the Bones and chop it small, then put it into a Marble Mortar, put to it half a Dozen Morels shred fine, four Truffles shred and chopped, four fresh Mushrooms shred fine, some Leaves of sweet Herbs picked clear from the Stalks and chopped, some Pepper and Salt, and a little grated Nutmeg; beat all these well together in the Mortar.

Melt about two Ounces of Butter, pour this in, and beat it all up well again together.

When all is fine and well mixed, set this by on a Plate.

Then prepare some Crust for a raised Pie, shape it, and set it ready.

This done, put the Soals into a Pan, and fry them till they are about half done.

Take them up, and cut the Flesh in long Slices from the Bones.

Make

Make a Seasoning of some Leaves of sweet Herbs chopped fine, and mixed with Pepper and Salt; and every Thing being now ready, begin to make the Pie.

First cover the Bottom with some of the Eel Force-meat, then lay in nicely and carefully some of the Slices of Soal.

Sprinkle over these some of the Seasoning just made, and then lay in the Remainder of the Force-meat and of the Soals one over another, with a little of the Seasoning always between them.

When all is in put some fine fresh Butter over the whole, and then lay on the Crust; rub it over with Egg, and send it to the Oven.

When it is about coming home make a Raggoo of Truffles, and keep it hot.

When the Pie is come in set it in a Dish, raise off the Crust, skim away the Fat, and pour in the Raggoo hot, so send it up.

8. *A Turbot Pie.*

We have given before a Method of baking a Turbot, which is a very fine Way of eating that excellent Fish; this is altogether different, and by many is esteemed preferable.

Make some Crust, and prepare a Seasoning of savoury Herbs, Pepper, and Salt.

These Things being ready, chuse a good thick Turbot, lard it carefully with fine Anchovies, and then prepare the Pie for it.

First lay some fresh Butter over the Bottom, on this strew some of the Seasoning, and lay in a Couple of Blades of Mace broken, then lay in the Turbot, and strew upon this again some of the Seasoning; grate over it also a little Nutmeg, and throw in some broken Pieces of Mace.

Lastly, cover the Turbot with fresh Butter, put on the Lid, and send it to the Oven.

When

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When it is near coming home make a Raggoo of Cray-fish and Truffles, and when the Pie comes home open it, get the Fat that swims about clean off, then pour in the hot Raggoo, and send it up.

9. *Spanish Petty Patties.*

Cut a Piece of fine fat Bacon, a Piece of Veal twice as big as the Bacon, and the Breasts of a Couple of Pullets.

Blanch these together in boiling Water, and then mince them very small.

Prepare a Seasoning thus :

Cut to Pieces the Leaves of some savoury Herbs, chip some Mace very fine, bruise some Cinnamon and a Couple of Cloves, and slice very fine some Rocambole and half a Clove of Garlick, add some Pepper and Salt, and mix all well together ; then mix it with the minced Meat.

Make some fine Puff Paste for Crust, and make several Patties ; put into each a Piece of this Force-meat and a small Bit of Butter, then send them to a slack Oven, and when done send them up hot.

C H A P. IX.

Side and small Dishes.

A R T. I. *A Raggoo of Asparagus.*

CHUSE some fine young Asparagus, and cut off the green Tops as far as they are tender, blanch them in scalding Water, and then put them into a small Saucepan ; pour upon them some rich Gravy, and a little Effence of Gammon of Bacon, or if they be in Readiness, some Cullis of Veal and Ham, and some Effence of Ham.

This last Method is the richest by much ; but when these Things are not in Readiness the other will very well do.

Let

Let these scimmer together till the Asparagus is done enough, and the Liquor is thick, and in great Part wasted.

Then roll an Ounce of Butter in a little Flour, and put it in; shake all about till the Butter is melted and mixed, and then add a Tea Spoonful of Vinegar. Send it up hot.

2. *A Raggoo of Shardoons.*

Set on a Pot of Water, put in an Onion stuck with Cloves, two or three Slices of Bacon, and a Piece of Butter rolled in Flour; when it boils throw in the Shardoons picked and washed very clean, and let them boil till they begin to be tender.

Then take them out, cut them small, and let them stand in a Sieve to drain.

Set on a Saucepan with some Cullis of Veal and Ham, or, if you have not that, some good Gravy with a Slice of lean Ham in it.

Let these scimmer over a slow Fire till the Shardoons are thoroughly tender, then set it over a quicker Fire, and when a good deal of the Liquor is wasted, and the rest is very thick, put in a Piece of Butter rolled in Flour, and when that is melted send it up hot.

3. *A Raggoo of Endive.*

Chuse some of the finest and best bleached Endive, pick it very clean, and throw it into scalding Water to blanch it.

Throw it into a Pan of cold Spring Water, then take it up, squeeze it a little in the Hand to drain it, lay it on a Dresser and chop it, each Head into three or four Pieces, no smaller, and put it into a Saucepan

Pour to it some very rich Gravy, or if it be ready some Cullis of Veal and Ham, let it scimmer well over the Fire, and when the Endive is tender and the Liquor thick, serve it up; or if you please add a little Cullis, or some Butter in Flour to thicken it, either
Way

Way will do, but if the Gravy be not put into it in too large a Quantity at first it will come very right of itself.

4. *A Raggoo of Cauliflowers.*

All these Raggoos of Vegetables are to be made in the same general Manner, but there are some little Particularities to be observed in each on which the Perfection and Niceity of the Dish depends; wherefore we have given these separate Kinds as a Direction for the others.

Cauliflowers are at this Season small, hard, and white, these are fit for raggooing, and the great Art of the Cook is to preserve their Colour.

This is to be done by first blanching them in white Water in this Manner:

Set on a Pot half full of very clear soft Water, put in a Slice of Bacon and a Piece of Butter rolled in Flour; stir this about as it heats, and it will be white, soft, and thickish: As soon as it boils throw in three of these fine small Cauliflowers, and let them boil till they are three Parts done.

Then take them up, set them to drain, and when the Water is run off put them into a Saucepan with some rich Veal Gravy, or some Cullis of Veal and Ham; let them scimmer a while, then set the Saucepan over a brisk Fire, put in a Piece of Butter rolled in Flour, and a Tea Spoonful of Vinegar; when the Butter is melted, and all well mixed, serve it up hot. The Cauliflower no Way eats so well.

5. *A Welch Rabbit.*

Cut a handsome Piece of Bread and an even Slice of Cheese, let the Bread be of the Shape of the Cheese, but a little larger every Way.

Put a Salamander in the Fire, or a large Poker, or the Bottom of a Fire-Shovel heated red hot will do.

While the Iron is heating toast the Bread carefully on both Sides, without making it hard or burning it.

Then

Then toast the Cheefe on one Side, lay the Bread in a Plate, lay the Cheefe upon it with the toasted Side downwards, hold the red hot Iron over the other Side to toast and brown that.

Put a little Mustard on it, and send it up very hot. Two should go up together.

6. *A Scotch Rabbit.*

Cut a Slice of Cheefe very large and handsome, cut a Slice of Bread, without Crust, just of the Size of the Cheefe ; toast the Bread on both Sides, and butter it, then toast the Cheefe on both Sides, and lay it evenly upon the Toast and Butter. Send it up hot without Mustard.

This should be made larger than the Welch Rabbit, and sent up single, one in a Plate, as that should be two.

7. *An English Rabbit.*

Cut a handsome Toast of Bread without Crust, and have a good Quantity of Cheefe very fine.

Set a Tin Oven before the Fire, and have in Readiness a Glass of red Port Wine.

Toast the Bread carefully on both Sides, then pour the Wine upon it, and turn it.

When it has soaked up the Wine spread the scraped Cheefe thick upon it, lay it in the Oven, and place it before a good Fire; the Cheefe will do very quickly and very finely. Send it up very hot.

These are the three Ways of toasting Cheefe ; the first is the genuine Method, and those who are fond of Cheefe prefer it to either of the others.

One would think nothing could be easier than to toast a Slice of Cheefe, and yet not only in private Families but at Taverns we see nothing is done so badly : The Directions here given are easy to be observed, and they will never fail to send it up either Way mellow, hot, well done, and with the Bread crisp and soft.

8. *Stewed Cheefe on Bread.*

Cut a large Slice of Bread of such a Shape as to lie handsomely in the Bottom of a Plate without filling it up; a Round of a threepenny Loaf, with the Crust pared thin off, is very proper; toast this carefully, and lay it on a Plate, pour on it half a Glass of red Wine, turn it, pour on another half Glass, and then set it before the Fire that it may keep warm while the Cheefe is doing.

Rub the Bottom of a Pewter Plate with Butter, cut some Cheefe in moderately thin Slices, spread these evenly upon the Plate, then pour in a Quarter of a Glass of white Wine.

Cover the Plate with another, and set it over some hot Coals in a Chaffing-dish; let it stand about four Minutes and it will be very well done.

Put a Shovel on the Fire to be red hot; stir in a little Mustard among the stewed Cheefe, spread it carefully upon the Bread, and then brown it by moving the red hot Bottom of the Shovel slowly over it. Send it up hot.

9. *Buttered Loaves.*

Break twelve new-laid Eggs, beat up all the Yolks with half the Whites, and mix in among them a Quarter of a Pint of Yeast.

Pour this through a Sieve into a Dish, and add to it some Basket Salt, and a Tea Spoonful of beaten Ginger.

Make this into a high Paste with Flour, warm a large Napkin, and wrap the Paste in it, let it remain so a Quarter of an Hour, then break it into Parts, and make them up into so many little Loaves.

These may be either baked or boiled, and should have a Piece of Butter and a Glass of Mountain Wine to each.

When they are to be served up, three or four of them must be laid handsomely on a Dish, and served up with fine Sugar strewed over them.

10. *Grilled*

10. *Grilled Shrimps.*

Let a Quantity of large fresh and fine Shrimps be picked carefully ; draw them over upon a Napkin, and see that there be ne'er a small or bad one, nor no Piece of the Shell hanging to any of them, for this would be perceived in the Mouth, and would disgrace the whole Cookery.

Season these picked Shrimps with Pepper and Salt, and mix in a Spoonful of shred Parsley.

Then prepare some Scollop Shells, put some Butter to the Shrimps and other Ingredients, and add some grated Bread ; let them stew half an Hour, and then draw a hot Salamander or other hot Iron over them to brown the Surface, and send them up.

11. *Buttered Shrimps.*

Pick a Couple of Quarts of Shrimps in the nicest Manner, and see there be not the least Scrap of a Shell on any Part of them ; put them into a Saucepan, pour to them a Pint of Mountain Wine, and set them to stew over a gentle Fire. Break eight Eggs, beat them up with a little white Wine, and grate in some Nutmeg.

Melt half a Pound of Butter, and by Degrees mix it with the Egg, then pour all into the Saucepan, shake it only one Way, till the whole is thoroughly well mixed and hot together : Then toast some Bread, cut it into Sippets, and having warmed a Dish, lay them round the Edges ; pour in the whole out of the Saucepan. It is a very rich and very elegant Dish. Send it up hot.

12. *Asparagus Rolls.*

Take three French Rolls ; cut off a Piece of the Crust of each handsomely at the End, that it may fit the Place again ; then take out the Crumb, leaving the Crust entire.

Fry these Rolls in fresh Butter, till they are of a nice brown.

Break six Eggs, beat up their Yolks in a Pint of Cream, add some Salt, grate in a little Nutmeg, and set it over the Fire, stirring it till it be perfectly mixed, and very thick.

Boil an Hundred of fine young Asparagus.

Cut off a few of the Tops, and save them entire. Cut off the green Part of all the rest, and chop it small, mix it among the Cream, and then fill the Rolls with it; put on the Piece of Crust that was taken off, and stick up the fine Pieces of the Asparagus Tops, saved for that Purpose, in Holes made in the Rolls for that Purpose, before the frying.

Send them up hot. It is a very elegant Dish, and a very fine Way of eating Asparagus.

13. *Stewed Parsnips*

Chuse some fine sweet moderate sized Parsnips.

Boil them well, then scrape and clean them perfectly, and cut them into thin Slices.

Put them into a Saucepan with a good deal of Cream, and a Piece of Butter rolled in Flour and a little Salt.

Let them stew, and after a Time set them on a brisker Fire, that the Cream may boil up; then serve them up hot without any Addition.

14. *Stewed Cucumbers.*

Pare a Dozen of fine fresh gathered Cucumbers; cut them into thick Slices, and lay them on a coarse Cloth to drain off some of the Water.

When they are pretty dry flour them, and fry them in fresh Butter till they are of a fine brown; then take them out with an Egg Slice, and lay them in a Plate before the Fire, that they may keep warm.

Pare another Cucumber, and cut a Slice lengthways out of it, that the Seeds may be scooped out.

Fill this with Onions fried brown: They may be very conveniently fried with the Slices of the Cucumbers

bers just named. Strew a little Pepper and Salt over the fried Onion before it is put in ; then put the Slice of the Cucumber that was cut out into it's Place again, and tie it round with Thread to keep it entire.

Set this over the Fire with some Butter in a Stewpan, and fry it till it be of a fine Brown all over.

Then take it out of the Pan, lay it on a Plate to keep warm also, and put in a little Flour into the Stewpan. Stir this carefully about, as it is dusted in ; when the Butter is well thickened, put in three Spoonfuls of Water ; then add half a Pint of white Wine, and two Spoonfuls of Ketchup.

Stir all these well together, then put in three Blades of Mace, four whole Cloves, half a Nutmeg, and some Pepper and Salt.

Stir all this well together, and pour it into a Saucepan ; put in the Cucumbers, and toss them till they are all thoroughly hot, and relished with the Sauce, then take out the whole Cucumber carefully, and lay it in the Middle of a Dish, put this all round it, and pour the Sauce over all : Send it up hot, garnished with fried Onions.

15. *Round Eggs.*

Set on a deep Fryingpan, and put into it three Pints of clarified Butter, make it thoroughly hot, then stir it about with a Stick. Break an Egg into a Cup, hold it ready over the Pan : Stir the Butter again, till it run round like a Whirl Pool, and then drop in the Egg in the Middle ; let it remain till it is about as much done as a common poached Egg ; then take it up with a Slice. It will be as round as a Ball, this Shape coming from the Motion of the Butter.

When one Egg is taken out, do another in the same Manner, and so on till there be enough done. Set them at a Distance before the Fire till all are ready, and then serve them up, either with Gravy, or with stewed

stewed Spinage. They will keep their round Shape, and remain hot a long Time, and an Egg eats no Way prettier; they are therefore very agreeable for a Variety, where there are several Dishes.

16. *Pease with Cream.*

Shell a Quart of delicate young Pease, put them into a Stewpan with a Piece of Butter rolled in Flour, season them with Pepper and Salt, and grate in some Nutmeg: Strew in half a Spoonful of the finest Sugar powdered, put in a Bundle of Sweet Herbs, and some chopped Parsley; the Piece of Butter for a Quart of Pease, should be about three Ounces.

When all these are together, pour in a Quarter of a Pint of boiling Water.

Cover up the Stewpan, and set it over a gentle Fire to stew a little; when all is well mixed, and the Pease are enough, pour in a Quarter of a Pint of thick Cream, give it a boil up, and then warm a small Soup Dish; pour the whole in, and serve it up hot. It is a pretty Side Dish.

17. *Fine Hasty Pudding.*

Break a new laid Egg into a Dish of Flour, and work it up into a stiff Paste, with as much of the Flour as it will take up.

Cut this Paste a-cross and a-cross, and at length Mince it as small as possible.

Set on a Saucepan with a Quart of Milk, and when it boils put in this minced Paste; put in at the same Time some Basket Salt, a Spoonful of fine Sugar powdered, and as much beaten Cinnamon as will lie upon a Sixpence.

Then add a Piece of Butter as big as a Walnut rolled in Flour, and stir it about one Way.

When it is all well mixed, put in such another Piece of Butter, and then stir it about, and pour the whole into a Dish, stick up some Pieces of fresh Butter

Butter in different Places, and send it up immediately to Table.

18. *Hasty Fritters.*

Mix together some Ale that is not bitter, and a little Flour; get in more Flour by Degrees, and then put in some shred Apple and a few Currants washed and picked; beat it up till all is very well mixed, and moderately thick.

Then set on a Stewpan with some Butter; make it very hot, and then drop in small Quantities of this Butter.

A large Spoonful is enough for each Fritter, and about five may very well be dropped into the Pan at a Time; but Care must be taken that they do not run together.

When they are of a fine delicate Brown, they must be taken up with a Slice, and laid regularly in a warm Dish, and sprinkled over with Sugar.

19. *Fine Fritters.*

Pare some fine Golden Pippins, cut them in Slices, take out the Cores, and then chop the Slices small; mix these with a rich Batter made in the following Manner.

Break four new laid Eggs, and beat them up with Half a Pint of thick Cream; add a Spoonful of Brandy, grate in a little Nutmeg, and a Tea Spoonful of beaten Ginger must then be mixed in.

When all this is well beat together, mix in some Flour, and make it into a good thick Batter: Put in the chopped Apples, and stir all well together, and then fry them as before directed, in a large Quantity of very hot Butter. Currants may also be added to these, but they are as well without: They make a Variety in the Dishes, and in the plainer Kinds of Fritters, they are wanted, for they are otherwise poor, but in these nothing is needful by Way of Addition.

20. *Curd Fritters with Saffron.*

Mix together a Quarter of a Pound of Flour, and Half a Pound of Curd.

Beat up ten Eggs, and mix in them two beaten Cloves, half a grated Nutmeg, two Blades of pounded Mace, and two large Spoonfuls of fine Sugar powdered; when all these are mixed, stir in eight Grains of Powder of Saffron, or if you have it in the House, a Spoonful of Tincture of Saffron, made with Wine: This latter is the best Method.

When all these are perfectly mixed, add the Curds and Flour, and then set on the Pan.

Put in a large Quantity of Butter, and let it be made very hot; then drop in the Batter by Degrees, and fry the Fritters in it as before directed: This done, lay them in a Dish with Sugar.

21. *Fritters Royal.*

Set on a Pint of new Milk in a Saucepan; when it boils pour in a Pint of Sack, and let it boil up well.

Set it off the Fire, and when it has stood five or six Minutes, take off the Curd.

Break half a Dozen new laid Eggs into a large Bowl, beat them up with this, and add as much Flour as will bring the whole to the right Consistence of Batter; then grate in a Quarter of a Nutmeg, put in a Table Spoonful of powdered Sugar, and as much beaten Ginger as will lay upon a Sixpence.

Set on a Pan with a great deal of Butter, and when it is very hot, drop in the Batter, a large Spoonful at a Time.

Set a Dish to warm, and have a Caster of powdered Sugar ready; as they are taken up, place them regularly in the Dish, and dust a little Sugar over them. Then send them up hot.

22. *Vine Leaf Fritters*

Mix in a Soop Plate a Quarter of a Pint of Brandy, a small Glass of white Wine, some rasped Lemon-peel, and a Spoonful of powdered Sugar.

Cut off some small, fresh, and juicy Vine Leaves.

Cut the Stalks away close, and put the Leaves into this Mixture.

Mix up some white Wine and Flour into a moderately thick Batter.

Set on a Stewpan with a good Quantity of Butter, when it is very hot, drop in the Fritters.

A Leaf is to be taken out of the Brandy for every Fritter, and when they are fried to a fine Brown, they are to be strewed with Sugar, and glazed with a red hot Salamander or Shovel: The Dish must be very hot, and they must be sent up quick.

23. *Clary Fritters.*

Gather a dozen Leaves of Clary from the upper Part of such Plants as have not come into Flower. Cut the Stalks off close, and wipe the Leaves very clean with a Napkin.

Lay these in Readiness, and then make the Batter with Milk and Flour, and see that it be very well mixed, and not too thin.

Set on a Stewpan with a large Quantity of Butter; when it is very hot, dip the Leaves one by one in the Batter, see they be thick covered with it, and then drop them into the Pan. Set a Dish to be warm before the Fire, and as they are taken up, lay them in regularly; strew some Sugar upon them, and send them up hot.

These are not only pleasant to the Taste, but very cordial.

24. *Apple Fraizes.*

Chuse some large and very fine Apples, cut them in thick handsome Slices, taking out the Cores.

Set on a Pan with a good Quantity of Butter, when it is hot throw in the Apples, and fry them to a delicate brown.

Then take them out, and lay them to drain.

Break five Eggs, beat up all the Yolks and three of the Whites, with a Quarter of a Pint of Cream and a Glas of Sack, grate in some Nutmeg; add two Spoonfuls of powdered Sugar, and bring in by Degrees as much Flour as will make it of the proper Consistence of Batter, then pour in a Quarter of a Pound of melted Butter.

When this is ready set on the Pan with Butter for frying.

Drop in a Soup Ladle full of Batter, lay a Slice of Apple upon it, then pour on more Batter, and fry it brown.

Let there be a Dish kept warm ready, and send up the Fraizes covered with powdered Sugar.

28. *Common Pancakes.*

Break eight new-laid Eggs, beat up all the Yolks and half the Whites, and mix in a Spoonful of beaten Ginger.

Add to this by Degrees a Quart of Milk, and then as much Flour as is needful to make it into Batter of a good Consistence: The Flour must be put in a very little at a Time, and mixed carefully and thoroughly.

Then add a Glas of Brandy, and half a Spoonful of Basket Salt.

Stir all this very well together, and set it ready for frying.

Make a Stewpan extremely clean, put in a Piece of Butter as big as a Walnut, then put in a Ladle full of the Batter, and move the Pan round that the Batter may spread all over it.

Shake the Pan, and when one Side is done turn it.

The best Way is by tossing it, which, to an experienced Cook who is not afraid of what she is doing, is very easy; if not, it must be done with Care by the Help of a flat Slice.

Let

Let a Dish be set before the Fire to heat, and lay the Pancake in it when both Sides are done.

Then put in another, and fry it in the same Manner, and when enough lay it upon the first.

Fry several others in the same Manner as the first, lay them carefully one upon another, see that they be thoroughly dry, and strew powdered Sugar over them.

* * * *The Art of tossing a Pancake.*

This is a Thing very easy to a bold Hand, but which a timorous Person will never be able to do well; for such a one, she is to know that the first Thing to be done is to get rid of her Fear, and then a little Practice will make it quite familiar.

The best Way to learn it is this:

Let a Kitchen Table Cloth be spread upon the Ground at a small Distance from the Fire, and when the first Pancake is ready for turning let the Cook try to toss it over the Cloth; if it falls in right it is very well, and if not there is no Harm done, it will be catched clean, and may do for the Servants Table.

When there is not the Danger of throwing them into the Fire the Cook will have less Fear, and as we have said before, the less Fear the more Likelihood of Success.

The Way is to hold the Pan very steady, and toss the Pancake with a sudden Jerk.

Practice is all; for as the Children play at Bilbecket till they can catch the Ball every Time for many Minutes together, in the same Manner the Cook will be able to toss a hundred Pancakes without missing once, when she is accustomed to the Method of it.

29. *Rich Pancakes.*

Break a Dozen and half of Eggs, separate all the Whites, and beat up the Yolks, with a little Salt and half a Pound of fine powdered Sugar.

When these are well mixed add half a Pint of Sack, and the same Quantity of Cream.

Beat all these up, and take in by Degrees as much Flour as will give the Pancake Batter a due Consistence to run over the Bottom of the Pan; last of all add two Blades of Mace beaten fine, half a Tea Spoonful of powdered Cinnamon, and the same Quantity of grated Nutmeg.

Fry them in the same Manner with the others.

They will not be crisp, but they are very delicate.

The Dish must be kept warm, and Care taken to send them up very hot.

30. *Paper Pancakes.*

These are a fine Kind of Pancakes that are to be done extremely thin, and when laid one over another they have the Resemblance of a Quire of Paper; whence their Name is given them.

Break six new-laid Eggs, beat up all the Yolks and half the Whites; mix in by Degrees a Pint of rich Cream, three Spoonfuls of Sack, and one Spoonful of Orange-Flour Water.

Grate in a little Nutmeg, and strew in a Spoonful of powdered Sugar.

Melt half a Pound of Butter, and let it stand till it is near cold.

Mix by Degrees three Spoonfuls of Flour in the Batter, and then get in the Butter.

When all are well mixed, the Batter for the Paper Pancakes is ready.

Set on a Pan for frying them, and do this in the very same Manner as the others, only making each Pancake very thin.

31. *Rice Pancakes.*

Put into a Saucepan a Quart of rich Cream and three Spoonfuls of Flour of Rice.

Set this on a slow Fire, and continue stirring it till it mix thoroughly and be as thick as Pap.

While

While the Saucepan is over the Fire stir in by Degrees half a Pound of fresh Butter, and grate in some Nutmeg.

Then pour the whole into a Pan to cool.

Break nine Eggs, beat them well with a little Salt and some fine powdered Sugar, and add three Spoonfuls of Flour.

When these are perfectly well mixed, and the Cream and Rice are cold, stir all together.

The Batter is thus finished, and the Pancakes are to be fried carefully in the usual Manner.

When the Cream is not thick, the more Rice is to be used; and this Way Milk may very well answer the Purpose.

32. *Cream Pancakes.*

Take a Pint of Cream, four Eggs, four Spoonfuls of Flour, half a Pound of Butter well clarified, mix it all well together with a little Salt and grated Nutmeg; fry them by themselves, without Butter in the Pan.

S E C T. III.

Of PICKLING.

A R T. I. *To pickle Nastertion.*

MAKE your Pickle of white Wine Vinegar, and Bay Salt a small Handful, for it must not be too sharp of the Salt; let them boil very well together; then take it off, let it stand till quite cold, and put in the Nastertion Buds as you gather them, and stop them down close; when it has stood some Time make some fresh Pickle, and put the Buds into it, then set it by for Use.

2. *The best Way to pickle Cucumbers.*

Take the least Cucumbers, rub them well, and put them in a Pot or Barrel, then put in a Round or Layer of Dill or Fennel Seed in Branches, and upon that a Layer of Cucumbers so as not to touch one another; strew on them some Ginger, Mace, and Cloves finely beaten, some whole Pepper, and a little Salt; then lay in another Layer of each, and fill up the Pot with white Wine or Elder Vinegar. This Pickle serves for Grapes, or other Things.

Some boil the Vinegar, and pour it on hot, and Elder is best done this Way.



S E C T. IV.

Of CONFECTIONARY.A R T. I. *To dry Cherries.*

WE here enter upon the Summer Part of Confectionary: It is not a great deal that can be done in it at present, but some Fruits coming in, the Housekeeper may keep her Hand in Practice, and bring herself to a Readiness for the Management of the many Things that will come in the succeeding Months.

Cherries, though they are now come in, are not plentiful or cheap, therefore the Work of preserving Quantities of them may be deferred to some Weeks farther; but as none are more fit for these Purposes than the large, juicy, rich, and fine Kinds that come in early, we shall take this Opportunity of directing their Management in the several Forms, and begin with the drying them.

Let a Quantity of the largest and finest Cherries of the Duke Kind be procured.

Let

Let the Housekeeper look thoroughly over them herself, that there be not an unsound one among them.

Then let them be very carefully stoned.

To ten Pounds of Cherries thus stoned put three Pounds of the finest Sugar powdered; put the Sugar to them in a Preserving-pan, and shake that and the Cherries carefully together; then set it over a gentle Fire.

The Sugar will melt by Degrees, and then let the Fire be brisked up, and let them have a boil or two.

Pour the whole into an earthen Pan, and let it stand all Night; then put it into the Preserving-pan, and make it scalding hot; let it stand to be cold again, and then spread it upon Sieves.

After this send them to an Oven; let them be put in when it is not too hot and stand all Night, then let them be turned and put in again; and this Time, as the former, the Oven should be no hotter than it is after Pies.

By this second standing in the Oven they will grow very dry and firm; put them up in Boxes, and put no Paper between them.

2. *To dry Cherries without Sugar.*

Chuse some fine Cherries, and pick them as for the former Method.

Stone them carefully, and preserve any Liquor that runs from them in doing this.

Put them into a Preserving-pan over a gentle Fire with only this Liquor, let them boil up three or four Times, and in the mean Time shake them several Times about heartily, but not violently; this done put them into an earthen Pot.

The next Day set them over the Fire again to scald them, and then let them stand to be cold; lay them on Sieves, and afterwards dry them in the same Manner as the others in an Oven, repeating it twice: This will preserve them as well as the former, and they must be kept in the same Manner.

3. *To dry Cherries in Bunches.*

Chuse for this Purpose Kentish Cherries, for they are the only ones fit at this early Season; but toward Autumn Morellas may be dried in the same Manner.

Tie them up in Bunches, ten or twelve in a Bunch.

Squeeze some other Cherries, and to a Pint of the Juice put two Pounds of treble-refined Sugar; boil this once up, and it will be a rich Syrup.

As soon as it has boiled put in the Bunches of Cherries, and make it just boil up with them, then set them off.

The next Day set on the Syrup with the Cherries again, and heat it enough to scald them, but no more; then set them off to cool; when they are cold place them on Sieves, and set them in a slack Oven; repeat this two or three Times, turning them every Time, and they will gradually dry, retaining their Shape, and in some Degree their Colour: They will be natural and pleasant.

4. *Cherry Jam.*

Pick some fine Cherries as carefully as on the former Occasions, stone them, and set them over the Fire to boil, break them as they boil, and when they have boiled so long that the Bottom of the Pan is easily seen and all looks clear, put in a fourth Part of the Weight of the Cherries of fine Sugar.

To understand this you are to weigh the Cherries as soon as they are stoned, and to ten Pounds of them two Pounds and a half of Sugar is the proper Quantity.

When the Sugar is in them they must have two or three boils, and then be set off to cool.

When cold they must be put up in Bottles, Pots, or Glasses, and they will keep perfectly well till the next Year.

5. *To preserve Cherries with the Stalks and Leaves green.*

Gather some fine Duke Cherries carefully, with the Stalks entire, and some Leaves upon them.

Make

Make some sharp Vinegar boiling hot, dip in the Stalks and Leaves, and scald them well; then lay them on a Sieve that they may dry.

Set on a Pipkin or Silver Saucepan with two Pounds of the finest Sugar and a Pint of Water, let this boil up, and it will be a thick Syrup.

When this Syrup is boiling hot dip the Cherries in it with the Stalks and Leaves, and when they are just scalded by it take them out again, and lay them on a Sieve.

Then boil up the Syrup to the Height of a Candy, and dip the Cherries into it again, then dry them on Sieves in the same Manner as other Sweetmeats; the Cherries will thus be very fine, and the Leaves will make a pretty Appearance.

6. *To jar Cherries.*

Make a Preserving-pan perfectly clean, put into it twelve Pounds of stoned Cherries, three Pounds of treble-refined Sugar, and a Quart of Water.

Set the Pan on the Fire till the whole is scalding hot, then set it off for a Time till it is somewhat cooled, and put it on again; then let them boil till the Cherries are tender, sprinkle over them half a Pound more fine Sugar powdered, and when it is melted skim them very clean.

Pour all together into an earthen Pan, and let it stand three Days.

After this take the Cherries one by one out of the Syrup, and lay them regularly with the Hole downwards upon a wicker Sieve to dry; put them in a Stove, and from Time to Time remove them from one Sieve to another till they are perfectly dry.

When they are so, lay some fine white Paper in a Preserving-pan, and upon this lay the Cherries, cover them with another Sheet of Paper, and then with a Cloth.

Set the Pan upon a gentle Fire till they sweat, then remove the Fire, let them cool, and put them up in Jars.

They have the fine and perfect Taste of the Cherry, and will keep a long Time for all Uses.

7. *Cherry Paste.*

Stone some fine large Cherries, put them into a Preserving-pan with nothing but their own Liqueur, and break them as they boil.

When the Cherries have boiled some Time, and are growing stiff, put in a Pound and a Quarter of fine Sugar in Powder for every Pound of Cherries that was used; let the Sugar melt perfectly, then put the whole together into a broad earthen Pan.

Set this on a Stove till it is candied.

Drop it upon Glass, and when it is hardened on one Side turn it, then put it up.

8. *To preserve Cherries.*

This is a Receipt that must be practised in the later Cherries, and cannot be done but when there are ripe Currants; however, as the Currant Season is approaching, and in order to keep all the Receipts concerning Cherries together, we have thought proper to give the Method in this Place.

The most proper Cherries for preserving are the Carnation Cherries.

Let them be stoned, and set ready.

Then draw some Jelly of red Currants, and run through a Jelly Bag.

There must be double the Quantity of the finest Sugar, as, three Pounds to a Pint and a half, and the same in Proportion to any Quantity; set this on a quick Fire, and scum it; to the Quantity we have named of this add two Pounds of the stoned Cherries, let them boil gently, and take them off at Times.

When they are soft, boil them more briskly till they jelly and are very clear, then let them cool, and put them into Glasses.

9. *To preserve Apricots.*

The early Apricot, now in its Prime, is a very fine Fruit preserved; we shall give here the Method of doing it, as also of making the other Articles for the Confectionary from it; for there is no Kind that makes them so fine.

We do not advise the Housekeeper to buy this Kind of Apricot at Market for this Purpose, because being early it is dear, and the others that follow in the succeeding Months will answer the Purpose; but where the Garden produces them there will commonly be more than are used for that Table, and she should always make all that can be spared into Preserves, because they exceed all others for that Purpose.

The Method of preserving them is this:

Take four Dozen of them, and see that they are all sound, fine, and perfect.

Pare them, take out the Stones, and cover them with three Pounds of treble-refined Sugar beaten to Powder and sifted.

Let them stand six Hours in the Sugar, then set them on a gentle Fire, and let them boil slowly till they are perfectly clear and tender.

Watch this very carefully; some will grow clear before the rest, and they must be taken out and set by on a Plate, putting them in again when the rest are done.

When all are thus done lay a Paper close over them, and set them by till the next Day.

Then take some of your Codling Jelly of the last Year for these early Apricots, because Codlings are not come in to make it for them now, boil it up, and while the Jelly is boiling make the Apricots scalding hot, then put the Jelly to the Apricots; about three Pints of the Jelly will be enough for this Parcel of Apricots.

Boil them slowly together; when the Apricots rise in the Jelly, and jelly very well, put them in Pots and Glasses for Use.

This is the Way of Preserving the fine Masculine Apricot, which when done in this Manner, exceeds all the others by far.

The same Method exactly is to be followed in Preserving the common Apricots that ripen in the succeeding Months, only for them, the Coddling Jelly is to be made fresh, the Apples being fit for that Use at the same Time.

In that Case two Pints of Jelly, and two Pounds of Sugar, answers the same Purpose, for the like Quantity of the common Apricot to be preserved then.

9. *Clear Cakes of Apricots.*

Chuse three Dozen of the finest Apricots, pare them, take out the Stones, and put them into a Preserving-pan, with a Pound of the finest Sugar in Powder.

Beat them gently, and by Degrees bring them to boil; let them continue boiling till the Apricots break to Pieces.

Then put in two Quarts of the last Year's Codling Jelly, (the Housekeeper must always take Care to keep a Quantity of this Jelly ready for this Use, otherwise she will lose the Opportunity of this Preserving of the fine early Apricots,) boil these together for a quarter of an Hour very fast.

After this, run it thro' a Jelly Bag, and to every Pint of the Jelly, allow a Pound and Half of Sugar: It must be the finest Sugar, and must be carefully sifted.

The Sugar must be shook in when the Jelly boils, and 'tis to stand on the Fire till perfectly melted.

After this, it will require no more Care than once running thro' a thin Bag; it is then to be let into a broad earthen Pan, and then filled into Pots, and set in a Stove to dry; when it is Candied at the Top, it must be turned out upon Glass, and if the Pots are big, it will be proper to cut it.

When

When it is dry on this Side, it must be turned to dry on the other.

Often it will happen that these Cakes stick to the Glass: This very much perplexes the young Confectioner, but the Remedy is very easy; only hold the Glass over the Fire a Minute, and it looses them. As soon as they are loose, they must be turned and dried again on that Side where the Fire softened them; then put them up.

10. *Apricot Paste.*

Pare and stone some fine Apricots; to two Pounds of these thus prepared, put a Pound of fine Sugar in Powder.

Set them over a gentle Fire; let them heat slowly that the Sugar may perfectly melt: When it is dissolved, boil them briskly up, and break the Apricots very small.

Then pour in a Quart of Coddling Jelly.

Let all thus boil well together; and then to every Pound of it, add a Pound and a Quarter more of fine Sugar powdered and sifted.

The Paste is to boil well when the Sugar is put in; and then it is to keep on the Fire, but without boiling, till it is all melted.

It is then to be put into the Pots, and dried in a Stove, turning it till dry in the same Manner as all Fruit Pastes are done.

11. *To preserve Green Apricots*

Gather a Quantity of good Apricots pretty well grown, but in which the Stone is not got to be hard.

Wet these a little, and lay them in a coarse Cloth. Let them lie a Couple of Hours, then put in two Handfuls of Salt or more, if the Quantity be large; rub them with this in the Cloth till all the Roughness of the Surface be got off.

When

When they are near clean, set on a Preserving-pan with Water.

When this is scalding hot, and the Apricots are perfectly clean, throw them in, let them scald till the Water scimmers, and is near boiling, then set them off the Fire till the Water is cold.

Then set them on the Fire again, and heat them till the Water begins to scimmer, but it must not boil up.

This is to be repeated three Times, and thus they are to be left to themselves covered for two Days.

They will by this Time look green and fine.

Then boil them till they are tender.

Set them off the Fire, and when they are cool, take them out.

Weigh the Apricots, and to every Pound of them, allow a Pound of Sugar, and half a Pint of Water; boil this up, and it will make a thick Syrup.

Let this Syrup be almost cold, and then put in the Apricots.

Set it by till the next Day; then heat it, and set it off again, and repeat this every Day till the Syrup is very thick; then put it in Glasses.

One Thing I must here observe, and it is of great Consequence. The green Colour of the Apricots is very much valued, and they get this by lying a considerable Time in the Pan; it comes from the Copper, which is very unwholesome. I would therefore advise, that the Apricots be set in a Pot of earthen Ware, and not in the Copper Pan. They will not be of so fine a Colour this Way, but they will be more wholesome.

12. *To preserve Quinces.*

Weigh your Quinces, and to every Pound of them, before they are pared, take a like Weight of Sugar.

Pare your Quinces very thin, cut them in Halves, take out the Core very clean, and save the Kernels.

Put a Skillet of clear soft Water upon the Fire, and when it is ready to boil put in the Quinces, let them

them stand half a Quarter of an Hour, still turning them in the Water; then take them up, lay them in a coarse Cloth with the Holes downward, and cover them up.

To every Pound of Sugar add a Pint of Water; let it have a Boil, beat up the Whites of two new-laid Eggs and add to it; let it stand a while, skim it very well, then strain the Sugar through a Cloth and put it over again; when it is ready to boil put in your Quinces with the round Sides downwards, and keep them close covered.

Tie up the Kernells of the Quinces in a fine Tiffany Bag, put them into the Skellet, and they will cause the Syrup to jelly; keep them boiling till the Quinces are very tender, and then take up the Pieces and lay them on a Plate.

Let your Syrrup boil till it will stand to be a high Jelly, and then put them in your Pots for Use.

13. *To preserve Oranges.*

Take twelve of the freshest Oranges you can get, with smooth Skins; and grate off the outer Peel.

If you chuse to have them whole, with a Coring Iron take out part of the Meat; or if you chuse to have them cut in Halves leave some of the Meat in like manner; lay them to steep in clear Water for two Days and Nights, shifting them Morning and Evening.

Then take them out of the Water, rub them with basket Salt, and wipe them very dry with a clean Cloth. Boil them twice more, in two several Waters, till they are very tender; then take them out of the Water, with a Knife take out all the Black, and wipe them dry.

To every Pound of Orange take a Pound and a Half of Sugar; put your Sugar into a Skellet, and put in a Quart of Water to every Pound.

Take the Whites of two Eggs, beat them well, put them into the Sugar and Water in the Skellet, set it on the Fire, and let it boil as fast as possible,
and

and when you perceive your Syrup to thicken, put in two or three Spoonfuls of fair Water; then take it off the Fire, lay your Oranges in a Preserving-pan, and when you have strained your Syrup very clear pour part of it through a clean Cloth on your Oranges; give the rest a Boil, and pour it in as it boils.

Then set the Preserving-Pan over a Chaffing Dish of very quick Fire, and let them boil up as brisk as they can; keeping them covered.

You must have ready Half a Pound of Sugar broken into Pieces as big as Walnuts; and as it boils now and then put in two or three of them.

When they have boiled two Hours, put in a Pint of the best white Wine, let them boil till they be very clear, and the Sugar thick; then take out your Oranges and lay them in a Bason.

If the Syrrup be not thick enough, you may boil it a little more; put in the Juice of four Lemons, and pour it on the Oranges.

When they are cold put them in Pots.

14. *To preserve Oranges another Way.*

Take your Oranges, rub off the upper Skin with a Grater, cut a round Hole in the Top, and lay them in fair Water a Day and a Night; then boil them till they are tender, and pull the Meat out at the Hole with your Finger, if you would have it out; then put them in cold Water again, and let them lie till the next Day.

Weigh the Oranges, and take more than their Weight of Sugar. To every Pound of Sugar, take a Pint and a Quarter of Water; boil your Oranges a little while in the Syrup; pour them into a Bason, cover them close with a clean Cloth, and so let them stand two Days.

After this drain the Syrup from them, set it on the Fire, and when it boils pour it on the Oranges; do so again the next Day, and if your Syrup is not too much wasted, continue to do it for three Days longer successively.

When

When you have done this, set the Syrup and Oranges on the Fire together, and let them boil till they are enough.

When you are ready to take them off, squeeze in some Juice of Lemons, and let them boil up a few Minutes. Let them stand a while, and then put them up.

Close your Glasses with Jelly of John-Apples or Pippins, and fill the Oranges with the same Jelly.

Lemons are done after the same Manner, only pared thinner.

15. *To preserve Grapes Green.*

Gather them before they be ripe, four or five in a Bunch; have some Water scalding hot, put in your Grapes, and cover them with a Dish; let them stand half an Hour.

Have a Skellet of Water ready to boil, take them out of the other and let them stand in that a very little while; then take them out and peel and stone them. Then take another Skellet of Water, put them in when it is ready to boil; and let them boil softly for some Time.

After this drain them for a Quarter of an Hour; then weigh them against Sugar, and lay Sugar in the Bottom, then Grapes, then Sugar again; and let them boil half an Hour.

16. *To dry different Sorts of Plumbs.*

Take your Plumbs thorough ripe, new gathered; cut them in the Seams, take out the Stone as clean as you can, put to every Pound of Plumbs half a Pound of Lump Sugar; and put the Sugar into a Pan with as much Water as will wet it.

Then set it on the Fire, and boil it up to the Height of refined Sugar.

Set your Plumbs on close by the other, the Slits downward, on a soft Fire: As they soften turn them continually; and when they are thoroughly soft take them off the Fire, and let them stand in the same Pan

a Day and a Night; the next Day set them on again till they are thoroughly hot.

Next Day take them out of the Syrup, and set them on the Backside of a Sieve, with the Slits upwards, as close as they can stand; and put them into an Oven at Evening where Pies were baked in the Morning.

After they are dried a little turn them; set them as close as you can, and when they will bear handling take out those which are most broken and fill up the Slits of the others with them, laying their Skins as smooth as you can.

Put them into a warm Oven till they are thoroughly dry, then take very warm Water, with a coarse Cloth hard wrung, and wipe away the Syrup very clean.

Put them into a Stove or Oven to dry them again thoroughly, and then put them up for Use.

17. *Another for the same.*

Take to a Pound of Plumbs a Quarter of a Pound of Sugar, put them in a Pot close stopped, and bake them in an Oven with Tarts or the like; leave them all Night, and for two Days after give them a Heat in an Oven after Bread.

When this is done take them out of the Pot, dip them one by one in scalding hot Water, and lay them on Plates or Boards in the Sun, or over a Stove to dry.

18. *A Receipt to make Perfumes.*

Take two Ounces of red Rose Buds, (the Leaves of them must be stripped off) and use only the red Part of the Flower.

Pound them in a Mortar, and put to them an Ounce of Benjamin: When you have pounded them small together, put in three Grains of Civet, four of Ambergrease, and twelve of Musk: Mix these with your Fingers, and when you have mixed them well, make them up in little Cakes.

In the making them up you must put a little Flour in the palm of your Hand, only to make them hang together; so let them dry in a Window.

19. *To make a Carraway Cake.*

Take a Pound of Flour dried in an Oven, half a Pound of Carraways, half a Pound of little Biskets, half a Pint of Yeast, a Pound and Half of Butter, a Quarter of a Pint of Sack, half a Pint of Cream, Salt and Spices to your Taste, and make into a Cake.

20. *Another Way.*

Take to half a Peck of Flour a Pound of Butter, mingle it with fair Water, put to it half a Pound of Carraway Comfits, and as much Sugar and Nutmeg; put to it a good Quantity of Ale Yeast, and a little Rose Water. Season it with Salt.

21. *To make a very good Cake.*

Take three Pound and an Half of fine Flour, a Pint of good Cream, and Yolks of Eggs well beaten, three Quarters of a Pint of good Ale Yeast, a Quarter of a Pound of Sugar perfumed some Days with Musk, and Nutmeg and Salt.

Mingle your Flour, Sugar, Salt, and Spices together; then stir the Eggs and Yeast into the Flour; melt a Pound of Butter in the Cream, and pour it into the Flour, covering the Cream with the Flour.

Let it stand very warm by the Fire close covered three Quarters of an Hour. Strew in three Quarters of a Pound of Currants washed and rubbed dry; and half a Pound of Raisins stoned and cut small: Let the Fruit be warmed when you put them in; then make up the Cake.

Let it be thicker in the Middle than at the Sides; cut it round the Sides, and prick it; and let the Oven be pretty hot. When it has stood an Hour take it out and Ice it with half a Pound of fine Sugar, wetted with Rose Water. After putting on the Icing, set it in the Oven again a Quarter of an Hour.

22. *Another Cake.*

Take a Peck of fine Flour by Weight; three Pints of Cream, or as much as will wet it: One Pound and Half of Butter, four Ounces of Sugar, four Pounds of Currants, one Ounce of Cinnamon, half an Ounce of Nutmeg, four Rasps of Ginger, and a Pint of new Ale Yeast.

Mix this altogether, let it be pretty stiff, and it must lie by the Fire to rise. Then make it up.

23. *To make a Shrewsbury Cake.*

Take four Eggs, beat them with two Spoonfuls of Rose Water, and three of Sack; one Pound of Flour well dried, half a Pound of Sugar, and three Quarters of a Pound of Butter.

Cut your Butter in Slices upon the Flour, and put to it your Sugar; then put your Eggs to the Flour, Sugar, and Butter, and mix them all well together.

Then make it into Cakes of the Bigness you chuse, as thick as a Crown Piece; Rose them like the Lid of a Pie, and bake them in a slow Oven.

24. *To make Cheesecakes*

Take a Quart of Milk, and when it boils, put in eight Eggs well beaten; stir them upon the Fire till it comes to a Curd, then pour it out, and when it is cold season it with a little Salt, grated Nutmeg, and some Sugar; add two Spoonfuls of Rose Water, and 12 Ounces of Currants. Then put them in Paste.

S E C T. VI.

Of Liquors.

WE have spoken at large of made Wines, and we shall now give Directions for the first Fruit Wine that comes in Season, and after that, add the Methods for preventing the common Accidents

dents that hurt made Wines in general; the Causes of which we shall explain to the Housekeeper, that she may guard in time.

A R T. I. *Cherry Wine.*

Gather some ripe Cherries, and if there be any to spare of the first ripe Kinds, none are so proper, for there is not any Cherry whatever that has a richer Juice for Wine than the May Duke.

Take off the Stalks and bruise the Cherries in a hair Sieve, so as to get out the Juice without bruising the Stones.

Measure the clear Juice, and to every Gallon of it put two Pounds of Lump Sugar beat to Powder.

Stir this well together, and have a clean Vessel that will just hold the Quantity.

Let it be lightly covered, and worked.

Watch it at Times, and when it does not make any more Noise, stop it close up: Let it stand thus for three Months, and then Bottle it off, and set it in a good Cellar. It is a very agreeable weak Wine.

2. *Of the Keeping of made Wines.*

Cherry Wine we have observed is but a weak Kind; and therefore it naturally follows in Reason, and we find it in Experience, that it is but a very indifferent Wine for keeping.

All Wines, the stronger they are keep the better. A certain Quantity of the watery Part is necessary to perfect their Fermentation in the making, and this in some must be more than in others; but this is always disadvantageous to the Keeping, and consequently those Wines keep worst that have most of it in them.

In many Cases the evaporating a Part of the Water, is a certain Way of preserving Wines from decaying; and in others, 'tis proper to add some very strong Spirit which gives the whole a due Strength.

For

For this Purpose it is common in many Families, to put Brandy into their made Wines. This certainly helps to keep them, but there is a Way of answering the Purpose much better.

Brandy is dear, and it has a Flavour, which tho' very agreeable in itself, is not proper to be tasted in the Wine, as it often is when thus used.

Beside that, the strength of Brandy being but half that of a pure Spirit, such as Spirit of Wine, double the Quantity must be used for the same Purpose; and consequently the Flavour of the Wine so much the more over-powered.

We have in a preceding Number informed the judicious Housekeeper so far in the Nature of Spirits, that she is sensible Brandy, and all other Spirits of that Strength, which is called Proot, consists of half pure Spirit and half Water. Now her Business is not to add Water to her Wines, which is too Watery already, and requires Spirit to remedy that very Fault. Therefore a pure Spirit of the rectified Strength is fittest.

We have told her how bad the common Spirit is, that is sold under the Name of Spirit of Wine at the Distillers: It is made from Malt, and is very ill flavoured; therefore this is very improper. It has the Strength that is requisite, but not the proper Quality.

Thus much being understood, the Housekeeper will not find any Difficulty in discovering what she is to do, or how she is to do it.

She wants for the Keeping of her fruit Wines, some Spirit of the Strength of rectified Spirit of Wine, and without the bad Flavour of Malt.

Let her make this from her Raisin Wine as we have shewn, by a third Distillation; or to save a great deal of Trouble, let her buy at the Distillers, some of the best Melasses Spirit: This is but about three and Sixpence a Gallon, and being a Sugar Spirit, it has not this odious Taste of the Malt.

This

This Spirit is of the same Strength with Brandy, and might be used instead of it, but for the Reasons we have laid down a pure rectified Spirit is most proper; therefore let the Housekeeper put two Gallons of this Melasses Spirit into her Still, and with a gentle Heat draw off one Gallon wanting half a Pint; this will be pure rectified Spirit, it will have the utmost Strength, and will have no Taste, Smell, or Flavour; it will therefore be the proper Spirit for giving a due Strength to poor Wines.

When any Made Wine has a good Flavour and a tolerable Body, which is often the Case, it will not keep of itself, and this pure Spirit is then the proper Addition, for it certainly sets it above all those Accidents that rise from its having too much of the watery Part.

A Gill of this Spirit to every Gallon of Wine will in general be sufficient, but according to the particular Condition of the Wine the Quantity is to be increased or diminished.

3. *Of very thin Made Wines.*

We have under the preceding Article considered the Condition of those Wines, which have a very great watery Part, and yet, from the original Thickness of the Juice, have a tolerable Body; in this Case an Addition of Spirit alone is the Remedy: But there are among the Made Wines some that, altho' they have a very agreeable Flavour, yet want both Spirit and Body; in this Case we are to consider the double Defect, and to think of a proper Remedy.

When we consider what the Deficiency is, there will not be any great Difficulty in finding out the proper Remedy.

The Spirit just described is to assist it in Point of Strength, and we must give it some Help in the Way of Body by a richer Wine.

The Housekeeper will remember that in the last Number, wherein we treated of Wines, we gave her
a Receipt

a Receipt for making a Sugar Wine, which had only the Strength of Wine, without Flavour or Colour; she will now see one great Use of that Kind of Liquor: As we want a Spirit that has neither Taste nor Flavour for giving Strength to our poor Wines; so we require a Wine that has neither Taste, Colour, nor Smell, for giving them a Body.

As the Requisite for this Spirit is to be as strong as possible, so the Requisite of this Wine is to have as great a Body as possible; all that we require in the one being Strength, and all we want in the other Body.

To get a Wine proper for this Service let the Housekeeper make according to that Receipt some Sugar Wine, only with this Difference, that she give a much larger Proportion of Sugar, allowing only just so much Water as is necessary to work it.

This will be Wine for her Purpose.

Let her always keep a Quantity of this, and of the pure strong Spirit by her, and assist her Wines with one or both according to the Nature of their Deficiency: If they want only Strength, let her add some Spirit; if they want Strength and Body let her mix the Spirit and this strong Sugar Wine together, and put them in in proper Quantities; she will thus be able at Pleasure, and according to the Nature of the Occasion, to assist any of her Made Wines, and it will never be perceived in the Taste. Thus she will make them at first of a finer Body and truer Flavour than others who work at Random, and they will always keep better than those of such People.

The Sugar Wine is a natural Mixture, and therefore will produce no particular Effect, and the Spirit will not be tasted.

4. *To make Apricot Wine.*

Take to two Quarts of Spring Water a Quarter of a Pound of Sugar, boil them together, and skim the Liquor; then add two or three Dozen of Apricots stoned

stoned and quartered, and when all have well boiled together take it off, and put it into an earthen Pot or Pitcher, cover it up, and let it stand till it is cold, then strain it through a Cloth without breaking the Apricots, and when it is thoroughly settled pour it into Bottles, stop them close, tie them down, lay them in a cool Place, and cover them with Sand. It may be drank in a Fortnight or three Weeks.

In like Manner good Liquors may be made of other Fruits and Flowers, and the Way to make some of them is as follows.

5. *To make Cowslip or Primrose Wine.*

Take three Gallons of fair Water, put into it six Pounds of the finest Sugar, boil them together half an Hour, or more, taking off the Scum carefully as it rises, then pour it into a Pan or Tub to cool; when it is almost cold take a Spoonful of Ale Yeast, and beat it well with six Ounces of Syrup of Lemon, mix this with the Liquor by tossing it up and down; then take a Gallon of picked Cowslips or Primroses, bruise them in a Marble Mortar, and put them into the Liquor; let them work together two or three Days; then strain it off, and put it into a Vessel that is just fit for it: Two or three Days after stop it close, and and three Weeks or a Month after that bottle it off, putting a Lump of Sugar into every Bottle. If it is well corked it will keep a Year.

6. *Another Way to make Cowslip or Clove-Julyflower Wine.*

Take a Gallon of Water to a Quart of Honey, let your Water boil before you put the Honey in, then let it boil again, and skim it carefully. After it has boiled some Time take it off, and let it stand to cool; work it as in the former Receipt, and when it has half done working put in the Cowslips or Julyflowers; if Julyflowers, they must be dried two or three Days before you put them in. When it has stood a little run it up in a Vessel, and let it remain a Month before you bottle it off.

This is admirable Drink without the Flowers, and will keep half a Year; but if you would have it keep a Year put two Quarts of Honey to a Gallon of Water.



S E C T. VII.

Of DISTILLERY.

THE Housekeeper is now so well acquainted with the Nature of distilling, and the Difference of Spirits, that a very short Account of all the Waters we shall have Occasion to name will serve.

In the former Receipts we have set down all the particular Methods, but these being now understood, we may write to her as the Physician does to the Apothecary, Take such and such Ingredients, and distil a Water *according to Art.*

A R T. I. *Strong Pepper-Mint Water.*

Cut some Pepper-mint at the Time when it is just budding for Flower, and tie it up in small Bundles to dry, as we have directed in a former Number.

When it is just become dry and crisp, and retains its green Colour and full Taste and Smell, cut the Tops of it till you have a Pound and half of them, rejecting the thick and hard Stalk.

If the Plant have been cut up carefully about a Hand's Breadth of the thick Part of the Bunches is to be thrown away, the rest being to be cut small and used.

Put this into a Still, and add to it a Gallon of Melasses Spirit and three Quarts of Water.

Distil immediately three Quarts and a Pint, and add to it a Pint of Water.

This is the perfect and fine Way of distilling this Water, which is the finest Remedy in all Physick
for

for a sudden Sickness from Wind in the Stomach : A small Glass of it is to be taken alone.

It may be made from the dried Pepper-mint at any Time of the Year, allowing a little more of the Herb to the same Quantity of Spirit, for it loses some Virtue in keeping, or it may be made from the fresh Plant, allowing two Pounds and a half to the Gallon ; but the other is the perfect Way, for the Plant never has so much Virtue as when just dried after gathering at the proper Season.

No Sugar should be put to this Water.

It tastes extremely hot, but its Effect is like a Charm, it cures immediately.

2. *Parsley Water.*

Bruise six Ounces of Juniper Berries, put them into a Still, and pour upon them two Gallons of Melasses Spirit, stir them well about, and after an Hour put in a Gallon of Water ; stir it well about again, and then put in a Quarter of a Pound of Parsley Roots cut into thin Slices, and six Ounces of Horseradish Root cut in the same Manner ; add of the Tops of sharp or biting Arse-smart two Ounces, and the same Quantity of the Tops of Saint John's-wort and of Elder Flowers, and of Fennel, Parsley, and wild Carrot Seeds each an Ounce and half bruised ; when all are in stir it up very well again, and then fix on the Head of the Still. Let it stand four Days ; then distil off seven Quarts, and add a Quart of Water.

This is an excellent Water in Cholicks arising from the Gravel or Stone in the Kidneys ; it answers the double Purpose of dispelling Wind and promoting Urine.

The Housekeeper has already been cautioned not to depend too much upon these Waters, or to use them too freely.

These Cautions she must always keep in Mind, for Cordial Waters are not meant as Remedies for desperate Diseases ; they are often an immediate Re-

lief in slight Cafes, and they are useful with other Medicines in such as are more stubborn.

This is to be understood of all of them, and we give their Virtues with this Caution. We give Rules for making the best Kinds, and say for what they are best.

3. *To make French Water.*

Take a Quart of Aqua Vitæ, two Pennyworth of Rosa Solis, of Clove Water and Angelica Water each two Pennyworth, a Pint of Damask Rose Water, and half a Pint of Cinnamon Water; add to a Pint of Spring Water a Pound of fine Loaf Sugar, let it stand twenty-four Hours till the Sugar is dissolved, and then strain it through a white Flannel Bag; this done mix them all together, strain it again, and put it in Bottles, stopping them close.

4. *To make Aqua Mirabilis.*

Take of Galangal, Cloves, Cubebs, Letwell, Cardamum, Mace, Cinnamon, and Nutmeg, of each five Grains; of Lemon and Orange Peel a Dram each; of Elecampane one Dram; Bugloss Flowers, Violets, Marygolds, and Rosemary Flowers, of each a Handful; a Pint of the Juice of Celandine, and of the Juice of Mint and Balm half a Pint each; add also a Handful of Melilot: Mix all these Powders with the Juice, a Quarter of the best Aqua Vitæ that is distilled from all Sorts of good Herbs, and a Quart of white Wine; let it stand all Night, and in the Morning distil it in a cold Still.

To make it drink pleasant you must take a Pound of fine white Sugar, six or seven Spoonfuls of Damask Rose Water, and four Grains of Musk and Ambergrease; set these on the Fire, boil it to the Height of Candy, then take it off, and pour it hot into the Water.

If you add to this a little Leaf Gold it will be the better.

5. *Another Way.*

Take Galangal, Cubebs, Setwell, and Cardamum, of each a Dram; Mace, Cloves, and Nutmeg, of each two Drams; Cinnamon six Drams; a Quarter of an Ounce of Orange Rind, a Quart of Aqua Vitæ, two Quarts of white Wine, one Quart of Sack, a Quart of the Juice of Celandine, and two Handfuls of Melilot Flowers dried: Steep all these together for the Space of twelve Hours, and then distil it in a Limbeck or cold Still; add to these a little Brandy, and hang two or three Grains of Ambergrease in the Glass your Water drops into, and let it remain till consumed.

6. *To make a Cordial Water.*

Take Rosemary, sweet Balm, red Sage, Rue, dried Mint, Myrrh, Mugwort, and Angelica, of each half a Pound; Angelica Roots three Ounces, Dittany a Quarter of a Pound; Carduus, Betony, Scabius, Pimpernell, Agrimony, Tormentil Roots, and Celandine, of each half a Pound; Gentian Roots two Ounces, and Rosa Solis two Quarts: Steep all these Herbs and Roots, being first cut small and bruised, twelve Hours in five Gallons of white Wine, and distil it off quickly in two cold Stills.

7. *To make Milk Water.*

Take four or five Quarts of new Milk from a red Cow, add a Handful of Bugloss, a few Tops of Rosemary, and a small Handful of Spearmint; put these altogether into a cold Still, and distil it off into a Glass or Bottle, into which is to be put a Spoonful or two of Loaf Sugar. Drink this Morning and Evening.

8. *Another, to be given in a Surfeit or Fever.*

Take six Handfuls of green Carduus; of Spearmint and Wormwood three Handfuls each, and two of Balm; steep these in a Gallon of Milk all Night, and distil it the next Day. When you use it stir in a little Sugar.

9. *To*

9. *To make Surfeit Water.*

Take half a Pint of Damask Rose Water, and half a Pound of white Sugar-candy, let it steep a Day and a Night; the next Day take Cloves, Cinnamon, Nutmeg, and Anniseeds, of each half an Ounce, with a Slice of Liquorice, and two Ounces of Dates; bruiſe the Spices a little when you put them in: Then take three Quarters of a Pound of ſtoned Raiſins, half a Pint of Poppy Water, two Quarts of Aqua Vitæ, three Grains of Ambergrease, and one Grain and a half of Muſk mixed with Sugar-candy; tie theſe up in a Lawn Bag, and put them in a Pot; cover it cloſe with a white Paper, and a Plate upon that; remember to ſtir it twice a Day: Let it ſtand three Days, and on the fourth Day put in a Sprig of Angelica, a Handful of Balm, and a Handful of dried Poppy Leaves; then let it ſtand three Days longer. Strain it through a Cotton Bag, and keep it for Uſe.

10. *To make Sir Theodore Mikerue's Surfeit Water.*

Take a Buſhel of red Poppies, fix Handfuls of Dragons, as much Carduus, eight Handfuls of Marygold Flowers, half a Pound of Hartſhorn, four Handfuls of Spearmint, three of Balm, and two of Strawberry Leaves; ſteep all theſe in twelve Pints of Rheniſh eight Days, then put to it four Ounces of Mithridate, one Ounce of Mace, as much Cinnamon, and two Ounces of Nutmeg. Diſtil theſe in a Roſe Still till you have a Gallon of Water.

Give ſix Spoonfuls of this at a Time, and let the Patient lie in Bed four Hours after it.

If the Sweat take a moderate Effect, twice uſing it will cure.

11. *To make Cock or Capon Ale.*

Take two large Cocks or Capons, parboil them on a gentle Fire for an Hour or more till all the Blood is gone; add in the Decoction the Peel of an Orange, or Citron, and a little Mace; cut off the Shanks of
the

the Capons, and throw them away, then with a Chopping-Knife mince them, Bones and all, as small as ordinary minced Meat; put them into a large Boulter: Then take a Kilderkin sweet and well seasoned, put into it four or five Gallons of good strong Ale of the first Running, new as it is; make in the Kilderkin a large Bung-Hole, and thrust into it the Boulter in which the Capons are: Let them steep in it three Days and Nights, leaving the Bung-Hole open to work; then take out the Capons, close the Bung-Hole, and let it stand a Day and a half, after which bottle it off.

You may drink it after three Days bottling; but it will keep six Weeks if close stopped.

S E C T. VIII.

Of Disorders, and their Remedies.

A R T. I. *For a violent Purging.*

SET on a Saucepan with a Pint and half of pure Spring Water, put in an Ounce of Diascordium, and two Drams of Japan Earth in Powder; boil this till there is but a Pint left, strain it off thick, and pour it, without letting it settle, into a Quart Bottle, that there may be Room for shaking.

Add to it an Ounce of Syrup of Diascordium, and an Ounce of strong Cinnamon Water.

Let four Spoonfuls of this be taken once in six Hours, or oftener if there be Occasion.

When the Disorder is stopped, let the Patient take a Spoonful Night and Morning to prevent a Return, always shaking it up.

2. *For the Gravel.*

Put into a clean Saucepan three Pints of pure Water, add to it an Ounce of fresh-gathered Fennel
Root

Root cut into thin Slices, and three Drams of the Seeds of wild Carrot bruised.

Add stoned Raisins two Ounces, and of the picked Leaves and tender Tops of Pellitory of the Wall half an Ounce; boil this heartily for ten Minutes, then strain it off, and add a Dram of Salt Petre.

Let the Patient take a Quarter of a Pint of this warm every four Hours, and in the mean Time drink some soft and fine Barley Water.

3. *A bitter Infusion.*

Cut into thin Slices half an Ounce of Gentian, shred small the same Quantity of the Tops of the lesser Centaury, and add two Drams of Seville Orange Peel.

Put this into a Jar, and pour upon it a Quart of boiling Water.

Let it stand all Night, and then filter it clear off.

Let the Person take a Coffee Cup full of this every Morning fasting for a considerable Time; it will greatly strengthen the Stomach.

4. *Bitters with Ginger.*

Cut half an Ounce of Gentian into thin Slices, and put it into a Stone Jar.

Add to it the same Quantity of Orange Peel fresh pared and cut small, and three Drams of Ginger sliced in the same Manner.

Pour upon these a Quart of boiling Water, and let them stand ten Hours.

Then strain it clear off, and filter it through Paper; add a Gill of white Wine, and take a Wine Glass full of it every Morning fasting, or upon any Occasion when troubled with Wind.

This Receipt I had from an eminent Physician, who told me Ginger was better than all the hot Drugs at the Apothecaries; and that the only Reason he knew why other Doctors did not use it was because it was sold not at the Druggists but the Grocers.

I have

I have tried this myself, and given it to my Acquaintance, and from what I have seen I have great Reason to sound its Praises : I never knew any Thing like it.

When I first took this Medicine I had no Appetite to any Food, nor was able to digest what I eat ; I always felt full, sick, and giddy after the least Food, and was subject to Belchings and cholicky Pains in a terrible Degree.

I had not taken this three Days before I was in a Manner well ; my Stomach was good, and I could eat heartily, and digest it.

At any Time when my Sickness or the Wind returned I drank a small Glass of it, and it went away immediately : And since that Time, if my Supper ever disagrees with me, or I perceive the Taste of it in my Mouth in a Morning, I take a Glass of this Medicine, and am well immediately.

Having found this good Effect of it myself, I have recommended it to many of my Acquaintance, and they all speak of it the same Way. I never knew it fail.

It is so cheap and so useful that no Family ought to be without the Knowledge of it. This I verify from the Experience of several Years. M. B.

5. *For a continual Fever.*

Blanch four Almonds, and pound them to Paste in a Mortar.

Rub a Scruple of Camphire in another Mortar till it is fine ; add the powdered Almonds by Degrees, and when these are well mixed pour in by a very little at a Time four Ounces of Rhue Water ; add an Ounce of Plague Water, and an Ounce of Syrup of Cloves.

Let this be shaken up, and one Table Spoonful taken every six Hours.

It is a very fine moderate Cordial, and it operates by Sweat mildly and gently.

6. *For a parched Mouth.*

Set on a small Saucepan with half a Pint of Water, put into it a Quarter of an Ounce of the Kernels of Quinces dried.

Let it boil some Time, and then strain it hot thro' a coarse Piece of Linen.

The Liquor will be as thick and roapy as the White of an Egg, and is excellent to cool and soften the Tongue when it parched up and white in a Fever.

Some use a Mucilage made in the same Manner, by boiling the Seeds of Fleawort, but this is not wholesome to swallow; nothing can be more innocent than the Kernels of Quinces, and they make as soft and smooth a Liquor, therefore they are greatly preferable.

The usual Way is to spit these Things out, but if this be swallowed there is no Harm.

7. *For a Diabetes.*

Set on a Saucepan with a Pint of new Milk, add to it a Quarter of an Ounce of Roach Allum in Powder.

Let this boil till a Curd is formed perfectly.

Then separate the Curd, and let the whole stand to cool.

Let the Patient take a little of this twice a Day: It is apt to be offensive to the Stomach, so that Caution must be used in taking it; but it is a very powerful Medicine.

There is not any Disease whatsoever more difficult to be cured than a Diabetes, yet this is a certain Remedy.

8. *Spring Juices.*

Get some fresh Brook-lime, Water-cress, and Garden Scurvygrass; put into a Marble Mortar two Pounds of the Scurvygrass and one Pound of each of the others, bruise them well, and press out the Juice; add one third Part of the Quantity of Seville Orange Rind.

Mix

Mix all together, and let it stand to settle.

This is to be taken a Quarter of a Pint at a Time twice a Day, and is very good against the Scurvy.

Some add Sugar and Compound Horseradish Water to these Juices, but that is as they please; they are thus rendered more palatable, but the Virtues are not encreased by such Additions.

9. *To clean the Mouth.*

Dissolve a Dram of Salt Petre in six Ounces of Spring Water, add to this an Ounce of Honey of Roses, and twenty-five Drops of Spirit of Vitriol.

This is to be used by Way of Gargle, and it excellently cleanses the Mouth when furred up by any feverish Indisposition.

It should be spit out.

10. *Tar Pills.*

Mix up some fine Pine Norway Tar with fine Powder of Elecampane Root.

Let it be made as stiff as Paste, so that it may easily be made into Pills.

Take four moderately large Pills twice a Day.

It is good in the Scurvy, and in Disorders of the Lungs. It must be continued for some Time.

11. *In a Fever.*

Mix together two Ounces of Lapis Contrayerva, and one Ounce of Powder of Virginian Snakeroot, add Syrup of Oranges as much as will make it into the Form of an Electuary.

This is not so properly an Electuary as a Quantity of Bolusses, for in the regular Composition of an Electuary there must always be some Conserve, which there is not here.

This is an excellent Medicine, and the Way of giving it is this:

Weigh half a Dram of it, and let that be taken every six Hours, drinking after it a Glass of the following Julep.

Take Spring Water a Quart, Treacle Water six Ounces, and Syrup of Orange Peel three Ounces, mix this together by shaking, and give a Glass also sometimes alone.

12. *Against Giddiness of the Head.*

Take wild Valerian Root in Powder, and Mistletoe in Powder, of each an Ounce; mix these in a small Mortar, and add to them as much Syrup of Orange Peel as will make them into the Form of an Electuary.

Let a Piece as big as a Nutmeg be taken twice a Day for a Continuance of Time, drinking after it a Quarter of a Pint of an Infusion of Mother of Thyme made like Tea.

I have seen very great Effects from this Medicine, and have known it given in the Falling Sickness with great Success after every Thing else has failed.

Valerian is one of the finest Roots we know, and the Virtues of Mistletoe are much greater than is commonly thought.

13. *For the Jaundice.*

Take Castile Soap three Ounces, Powder of Rhubarb and Species of Hiera Picra of each half an Ounce, and Syrup of Orange Peel as much as will make the whole into an Electuary.

The best Method of mixing them up is to mix the two Powders first by rubbing them together, then to get some of the Syrup in, and make them into a Kind of Paste.

Then the Soap must be shaved very thin, and beat up with a little Syrup. After this both will mix very well together.

This is an excellent Remedy.

The Quantity of a Nutmeg is to be taken twice a Day, and continued till the Disease is removed.

If after three or four Days there is no visible Effect, let some prepared Steel be added in the Proportion of half an Ounce to the whole Quantity of the Electuary.

RECEIPTS *from Lady Montague's Book.*

ART. I. *To cure the Scurvy.*

TAKE of the Tops of the Pine Tree, broken off about an Inch and a half below the Plumb or Bush, as many as will fill a Gallon; split them throughout from Top to Bottom, Plumb and all, in four Quarters.

Boil this in a Gallon of small Ale till half be boiled away; then add to it two Quarts of strong Ale, and give that a Boil.

Take of this half a Pint every Morning fasting.

2. *Another for the same.*

Gather half a Bushel of Scurvygrafs, and take Care that it be well picked, washed clean, and dried with a Cloth; bruise it well, and add to it six Seville Oranges, Rind and all shred together, a Pound of Raisins stoned and bruised in a Mortar, and two or three Sticks of Horseradish cut in Slices.

Tie all these up in a Bag with the Juice in them, pour upon it five Gallons of Ale, stop it up close, and in four or five Days it will be fit for Use.

Drink half a Pint every Morning, fasting two Hours after it; and it will be proper to drink the same Liquor at your Meals, or any other Time of the Day at Pleasure.

3. *Another when the Disease is stronger.*

Take three Pints of the best white Wine and half a Peck of Scurvygrafs prepared as before directed, with a large Lemon, Rind and all, shred into it; add to this two Ounces of Long Pepper, and a Stick of Cinnamon beat small.

Put these Ingredients into a clean Pitcher, stop it down very close, and put the Pitcher into a Pot of boiling Water; let it infuse four Hours, taking Care to keep the Water boiling all the Time, and as it
waits

wastes have a Tea-kettle of boiling Water ready to keep the Pot filled up.

Then take out the Pitcher, strain off the Liquor, and bottle it up for Use, taking Care that it be well corked.

Drink a Wine Glass full every Morning, fasting two Hours after it, and the same Quantity at four o'Clock in the Afternoon.

This Remedy has been found effectual in the worst Cases, after many others have failed.

4. *To stop Bleeding at the Nose.*

Burn a Piece of Sponge in a hot Fireshovel till it is reduced entirely to Ashes, tie up these in a Lawn Bag, dip it in writing Ink, and stop the Nostrils with it.

Some dip it in Vinegar instead of Writing Ink, and either Way it is efficacious.

5. *For a Cough or Consumption.*

Take of Comfrey Roots clean washed, scraped, and shred, half a Pound; of Liquorice well bruised four Ounces; and a Handful of Curants washed clean and dried in a Cloth; to these Ingredients add Balm, Mother of Thyme, and Wood or Garden Sorrel, of each one Handful; an Ounce and a half of Anniseeds bruised, and sixteen or eighteen broad Figs shred small.

Boil these in two Quarts of fair Water or small Wort till half be wasted; but let it boil very slow, for it will be the better for standing over a gentle Fire for eight or ten Hours.

Strain off the Liquor, and sweeten it according to your Palate with Loaf Sugar: Drink it Morning and Evening, or at any other Time of the Day.

6. *An approved Eleſtuary for a Cough.*

Take of the Syrup of Horehound one Ounce, and the like Quantity of Syrup of Maiden Hair, Coltsfoot, and Liquorice; of powdered Elecampane, Liquorice, Anniseeds, and Orice, each half an Ounce.

Mix

Mix these up into an Electuary, and take the Quantity of a Nutmeg the last Thing before you go to Bed at Night, and the first Thing in the Morning.

7. *For a Sprain.*

Take common Clay and boil it in white Wine Vinegar till it is of the Thickness of a Salve, spread this upon a Linen Cloth, and apply it to the Part affected; let it lie on till it is dry, and if the Complaint is not removed apply a second, and it will not fail of a Cure.

8. *A Powder for the Yellow Jaundice*

Take of Hartshorn, Turmerick, the inner Rind of Barberry Tree, and Powder of Earth-Worms, each one Dram, and of Saffron half a Dram.

Reduce all these to a fine Powder, and take as much as will lie on a Six-pence in two or three Spoonfuls of Posset-Drink every Morning fasting, and the like Dose at four o'Clock in the Afternoon, for seven or eight Days successively.

9. *A Poultice for a Swelling.*

Take of Feverfew, Herb of Grace, and red Sage, each one Handful; beat them well together, and boil them three Quarters of an Hour in the Dregs of strong Ale.

When these have boiled sufficiently, thicken it with coarse Wheat Flour.

10. *For a Burn or Scald.*

Take a large Handful of the yellow Moss that grows upon Stones, the like Quantity of Sheep's Dung, and to these add also a Handful of the Bark of Elder; fry them in Mutton Suet till you think the Virtue of the Ingredients is fried out; then strain off the Fat, and it will make an excellent Ointment for the Cure of Scalds or Burns.

11. *A black Salve for Burns.*

Take a Pint of Sallad Oil and half a Pound of red Lead, set it over a slow Fire in a Pan, pouring in as much Vinegar as will cover the Bottom before you put in the Lead and Oil : Let the Fire be exceeding slow, and when it is turned black add to it six Pennyworth of Saffron, and two Ounces of Bees Wax.

When these are mixed together, let it scimmer gently over the Fire to bring it to a proper Consistence ; drop a little upon Paper, and when it does not run about it is thick enough. Put a little Oil upon a Table or smooth Board to prevent it from sticking, pour the Salve upon it, and make it up in Rolls.

This is good for a fresh Burn, and if it is not very bad it will be sufficient to dress it once in twenty-four Hours ; but in worse Cases it should be dressed twice a Day.

12. *For an Ague.*

Take a Handful of Yarrow, Roots and all, beat it in a wooden Dish, and add to it a Spoonful of Bay Salt ; put this over the Fire in a Frying-pan till it is hot, and have ready a brown Paper Bag the Breadth of your Hand ; fill the Bag out of the Pan, press it flat, put it upon the Top of the Head, fasten it on with a Night Cap, and let it remain three Days and Nights ; then take this off, and have a like Quantity ready to clap on.

Throw what was taken off into a Warming-pan of Coals, and let the Person hold his Head in the Smoak till it is all consumed.

This is to be repeated three Times, and it never fails of a Cure.

RECEIPTS *from Lady Hewet's Book.*ART. I. *For the Hemerroids in great Extremity.*

TAKE a Quart of white Wine, and add to it a Handful of broad Plantain shred, and an Ounce of Cinnamon ; boil this gently to a Pint, then strain

strain it off, and set it on the Fire again, adding an Ounce of Anniseeds, and half a Pound of white Sugar; let it boil a little.

Take two good Spoonfuls of this Night and Morning.

2. *The Ointment to the former Drink.*

Dry some Anniseeds in a Fire-shovel till they be blackish, then beat them to fine Powder, and mix it up with Honey.

Anoint the Part often with this, or dip in a Rag and apply to it.

3. *A Powder for Convulsion Fits.*

Take a Raven, pick off the Feathers, gut it, and send it to the Oven in a clean earthen Dish. Let it be put in every Time the Oven is heated till it will rub to a fine Powder.

Of this Powder let the Person afflicted take as much as will lie upon a Silver Groat every Morning fasting, for nine Days together.

This is very seldom known to fail of giving Relief; but as it is a Disorder that often returns, it will be very proper to keep some of the Powder always in Readiness, to use occasionally.

4. *To cure Convulsion Fits in Young or Old.*

Take a Handful of the green Leaves of Fox-gloves, and as much of the Polypodium of the Oak, boil these in a Quart of Spring Water till half is consumed, and if you please you may sweeten it with double-refined Sugar, or Sugar-candy.

To a Man or Woman give two large Spoonfuls the first Thing in the Morning and the last at Night, and continue this eight or ten Days, or till a Pint be taken: To a Child give but a Spoonful at a Time, and continue it till half a Pint be taken.

The proper Time to gather the Polypodium is when Saturn has the Ascendant, and the Fox-glove when Venus reigns; at other Times they have not half the Virtue.

5. *To prevent or cure the Rheumatism.*

Take Anniseeds, Sweet Fennel Seeds, and Coriander Seeds bruised, of each an Ounce; Alehoof, Germanander, Angelica, Saint John's-wort, and Heartsease, of each two Handfuls; tie all these up in a Bag, and put them into five Gallons of small Ale.

Drink of this three Times a Day, especially Spring and Fall.

6. *For Rheumatick Pains.*

Take a Pound of Lignum Vitæ Shavings, put them into three Gallons of Spring Water, and let it boil away to two.

Let the Party drink half a Pint of this every Morning fasting, and the same Quantity about four o'Clock in the Afternoon.

7. *A Receipt for the Scurvy.*

Take a Peck of the best Garden Scurvygrafs, the same Quantity of Alehoof picked clean, a Dozen of Seville Oranges wiped clean and sliced, Rind and all; put these into a Kilderkin of small Ale: After it has done working stop it up, let it stand three Days, and then drink it at Meals, or any other Time.

The best Time to drink this Beer is in the Month of March; during which the Person afflicted should drink no other.

8. *For an Ague.*

Take Radix Contrayerva Pulvis one Dram, and steep it in two Spoonfuls of Anniseed Water. Drink this an Hour before the Fit, and drink a Glas of Carduus Water after it; then go to Bed, and sweat three Hours.

Repeat this twice more in the same Manner.

9. *An approved Receipt to cure an Ague.*

Take an Apple and cut a Hole in it, saving the Top; fill the Hole with Tobacco, put on the Top again, lay it to the Fire, and roast it well; then chop it up together, spread it on a double Rag, and lay it upon both the Wrists as hot as you can bear it, just before

before

before the Fit; repeat this three Times, giving a Vomit of Carduus before the second Fit.

With this I have cured a third Day Ague.

10. *For the Dropsy.*

Take two Quarts of white Wine, put to it an Ounce of Elder Flowers, the same Quantity of Ash Keys; Roman Wormwood and Hyssop one Handful each, a Dram of Saffron, and a Handful of Centaury.

Steep these in the Wine two Days, and then let the Patient drink the Quantity of a Wine Glass full twice a Day, letting the Ingredients remain in till the Wine is gone.

11. *To make a Water for the Stone.*

Take Alehoof and Pellitory of the Wall, of each a like Quantity, when they are in their Prime; distil them together till you have four Quarts of Water, pour this into a Pot, and let it stand till Ash Keys are pretty big.

Then take Grammel, Anniseed, and Sweet Fennel Seeds bruised, of each an Ounce, and steep them twenty-four Hours in the above Water; put it into the Still, Seeds and all, and add thereunto a Handful of Alehoof and Leaves of Pellitory of the Wall, and as many Ash Keys as the Still will hold; then distil it off.

12. *Another for the same.*

Take a Pint of the strongest white Wine, set it on the Fire, put to it two Ounces of old Alicant Soap, and let it continue till dissolved; then take it off the Fire, sweeten it with Syrup of Marsh Mallows, and give it to drink.

This is an excellent and approved Remedy.

13. *A Receipt to make Daffy's Elixir.*

Take of Anniseeds, Fennel Seeds, and Coriander Seeds, each two Ounces, and the like Quantity of Liquorice; Cochineal and Saffron of each one Dram;

Sena and the best Rhubarb of each one Ounce ; and Raisins of the Sun stoned one Pound.

Bruise the Seeds and Liquorice, and stew the Rhubarb ; then put the whole into a Stone Jug, and pour upon it three Quarts of the best Brandy.

It may be made use of in ten Days, but it is better after standing three Weeks.

Two Spoonfuls should be given at Night, and two in the Morning ; and so more or less, as there may be Occasion.

14. *A Remedy for the Evil.*

Take two Quarts of Spring Water, and put to it two Handfuls of Archangel, two Ounces of Liquorice in Slips, and the same Quantity of Sweet Fennel Seeds bruised.

Put these in a Pot, set it over a gentle Fire, and let it scimmer till a Quarter be wasted ; then take it off, let it stand to cool, and when cold strain it thro' a Sieve, and squeeze the Herbs.

Let the Patient take a Quarter of a Pint of this every Morning fasting, the same Quantity at Four in the Afternoon, and repeat it again at going to Bed.

15. *For the Cholick.*

Take a Head of Garlick, bruise it well, and put it into a Pint of Sack, then set it over the Fire, and boil it away to half a Pint.

Drink this going to Bed, keeping yourself warm ; and repeat it two or three Nights.

16. *To force away Pains.*

Take half an Ounce of Marsh-Mallows, a Quarter of an Ounce of Cummin Seeds finely beaten and sifted, and a Quarter of an Ounce of the Oil of Sweet Almonds ; mix these together, and then put some into a Spoon, warm it, and anoint the Place afflicted with Pain, rubbing it in with your Hand for half an Hour ; then wrap over it a Piece of Flannel to keep it warm.

17. *To make Charity Oil.*

Take a Handful of blue Valerian, and the same Quantity of Lavender, Camomile, Rosemary, and Sage; shred these small, and put to them a Quart of the best Sallad Oil.

Let this stand in the Sun nine Days, stirring it frequently; then boil it till the Herbs are blackish.

After this take it off, let it stand to cool, strain it, and put to it again the like Quantity of all the above Herbs except the Valerian, and set it in the Sun nine Days longer.

Repeat this once more, then strain it off, and put it in a Bottle; stop it close, and keep it for Use.

It is good for any green Wound, old Sore, Bruises inwardly or outwardly, Swellings, Strains, Blasts, or Burns.

The Quantity to be given for an inward Bruise is seven or eight Drops in Posset-Drink going to Bed, and sweat after it.

18. *To cure the Itch.*

Take Half a Pound of Butter, a Quarter of a Pound of Brimstone, and a Quarter of an Ounce of Cloves beat fine; Rose Water and white Wine Vinegar of each a Quarter of a Pint; and Bay Leaves and Dock Roots of each one Handful. Boil these all together half an Hour, stirring it all the while; then let it stand to cool.

The next Day skim off the Top, leaving all that is clear; clarify the Top, and set it by for Use.

It must be used only at Nights going to Bed, when you must anoint every Part where it is come out, and particular Care must be taken to rub it well in all down the Back Bone; taking every Morning as much Flower of Brimstone as will lie upon a Shilling in some warm Milk.

19. *An approved Receipt for the same.*

Take six Ounces of fresh Hog's Lard, and four Ounces of Elecampane Roots made very clean, and sliced

sliced as thin as you can; boil the Roots in strong Beer or Vinegar till they are tender, then drain them from the Liquor with a Spoon; put them in a Mortar, and beat them to a Poulrice.

Then take half an Ounce of Barberries, an Ounce of Salt Petre, and an Ounce of common Brimstone, all finely powdered; mix all these Things very well together by beating them in a Mortar, and immediately before the Party goes to Bed let his Body be anointed all over with this, especially in every Joint, and rub it in well by a good Fire three Nights together.

The Patient must put on clean Linen at his Anointing, and have clean Sheets; both which he must make use of for three Weeks without Change.

This Remedy, with God's Blessing, hath never been known to fail.

20. *A Receipt for sore Eyes.*

Take Conserve of red Roses two Ounces, the finest Bole Armoniac half an Ounce, and Sugar of Lead a Dram; then add as much Frogs Spawn Water as will make it of a proper Consistence, and with this anoint the Eyes when going to Bed.

21. *An Eye Water.*

Take an Ounce of Lapis Lasulæ, and an Ounce of white Sugar-candy; steep these twelve Hours in half a Pint of red Rose Water; then strain it through a fine Cloth, and put it in a Bottle. Shake it when you wash your Eyes with it.

22. *A most precious and safe Water for a hot Rheum in the Eyes.*

Take a Pint of white Wine as it comes from the Grape; it must be very clear; (this Wine Coopers can help you to, but it cannot be had at Taverns) put it in a Pewter Pot with a Cover; then heat a Stone called Lapis Calaminaris, about the Bigness of an Egg, red hot in a Wood Fire, and put it into the
Wine,

Wine, shutting the Lid down after it; repeat this twice, then take it out, and put in half an Ounce of Camphire, pure, white, and clear as Glafs; let this stand in the same Pot fourteen Days, then pour it into a Bottle, Camphire and all; stop it close, and keep it for Use.

Drop a little in the Eye Morning and Evening, or dip a little Cotton in it, and apply it to the Corner of the Eye next the Nose.

23. *An approved Receipt for a Blast of the Eyes or Face.*

Take half a Handful of Houseleek, shred it small with a Knife, and put it into half a Pint of Cream; set it on the Fire in a Saucepan, and let it boil gently till it comes to an Oil. Anoint the Place affected often with this.

24. *To make a Water for the Face.*

Take three Quarters of a Pound of bitter Almonds, and blanch them; put half of them into a Mortar, and beat them very fine; then put to them half an Ounce of Mercury and an Ounce of Camphire: Beat these well together; then put in the rest of the Almonds, and pound them once more exceeding well.

Add to this a Quart of running Water, the same Quantity of white Wine, and three Quarters of a Pound of Loaf Sugar; let it stand all Night, and the next Morning strain it off. Put it in Bottles, and set it by for Use.

25. *A Wash for the Face.*

Take half a Pound of French Barley, and boil it in Spring Water; shift the Water three Times, and the last Time let it boil away from three Quarts to one; then strain it off, and put to it a Quart of white Wine, an Ounce of Rosemary Flowers, a third Part of a Pound of bitter Almonds blanched and beaten, and two Lemons cut in Slices, but without the Peel.

Let this stand two Days, then strain it off, and put to it four Pennyworth of Camphire, an Ounce of Venice

Venice Talk, an Ounce of white Sugar-candy, two Ounces of white Lilly Roots clean washed and sliced, and a Shillingworth of Spermaceti.

Keep out two or three Almonds to beat up with the Camphire and Spermaceti, or else they will not dissolve.

Wash your Face every Morning with this Water, and at Night use the following Ointment.

26. *An Ointment for the Face.*

Take a white Lilly Root or two, wash it, and boil it in Milk till it is soft; then take it out, skin it, and beat it to a Pulp.

Get a hundred Snails, break the Shells, strew Salt upon them to purge them, and then boil them in Water; when they have boiled some Time take them off to cool, and when cold skim off the Fat.

To a Spoonful of this Fat add an Ounce of the Lilly Root, two Ounces of the Fat of Sheeps Guts laid in Water, and washed out in Rose Water twice; twelve bitter Almonds blanch'd and beaten fine, half an Ounce of Oil of Tartar, six Pennyworth of Spermaceti, the Whites of two Eggs beaten to a Froth; half an Ounce of Oil of sweet Almonds, and one Ounce of double-refined Sugar: Beat all these well together.

27. *To cure the Canker in the Mouth or any other Place.*

Take three Pints of Ale, set it over the Fire, and when it boils skim it carefully; then put to it a Handful of Selandine, and half a Dozen Leaves of Sage; boil it well till it tastes strong of the Herbs; then take them out, and sharpen it with Allum.

Boil this again till it comes to a Pint, and when cold put it up in a Bottle. Stop it close, and it will keep good a whole Year.

28. *A Poultice for a Swelling in the Neck or elsewhere.*

Take Melilot Flowers, Linseed, and Althæa Roots, of each two Drams; boil them in a little Water till
it

it is consumed; then add a Quart of Milk, and two Pennyworth of white Bread, and boil them to the Consistence of a Poultrice.

To this add ten Grains of Saffron, and the Yolks of two Eggs beaten up in Oil of Roses or Camomile, and mix them all well together.

Apply some of this Poultrice once a Day.

29. *To make black Salve.*

Take two Quarts of the best Sallad Oil you can get, and add to it one Pound of red Lead, an Ounce of Turpentine, an Ounce of Castile Soap, an Ounce of Burgamy Pitch, an Ounce of black Rosin, an Ounce of Bees Wax, and a Pound of white Lead.

Boil these together four Hours, stirring it all the while.

It must be made in an earthen Pan.

30. *To make a green Salve.*

Gather in the Heat of the Day young Bay Leaves and Wormwood of each Half a Quarter of a Pound, and red Sage and Rue of each a Quarter of a Pound; do not wash them, but pick them clean, and beat them small in a Mortar.

Then take three Quarters of a Pound of the Suet of a Sheep just killed, pick it clean, and shred it small; add this to the Herbs in the Mortar, and pound them again till they are well mixed; then add a Quart of Oil, and work it all up with your Hands till the Oil is well incorporated; this done take it out of the Mortar, put it into an earthen Pan; cover it up close, and set it by in a close Place for eight Days.

This done set it over a Charcoal Fire, and let it boil gently four Hours; then add an Ounce of the Oil of Spike, and let it boil four Hours longer, or till it turns green, stirring it frequently; then strain it through a new Canvas. Put it in a Gally-pot, stop it close, and keep it for Use.

31. *A Salve for a Green Wound or Burn.*

Take a Pound and a Quarter of Oil, and half a Pound of red Lead, boil them together a little, and then take them off the Fire.

Then add by Degrees five Ounces of Bees Wax, two Pennyworth of Camphire, and as much beaten Chalk as will lie upon a Shilling.

When it is near cold spread some Oil thin upon a Sheet of white Paper, turn up the four Corners, and pour in the Salve; then roll it up in little Balls, and keep it for Use.

32. *A Salve to cure any Green Sore.*

Take Half a Pound of Rosin, a Pound of the best Venice Turpentine, a Pound of unwrought Wax, a Pound of Sheeps Suet fried, and eleven Spoonfuls of Sallad Oil; mix all these together, and melt them over the Fire in an earthen Pan.

Then take Smallage, Plantain, Orpin, and Bugloss, of each one Handful, and a large Handful of Mugwort; chop these small, grind them in a Mortar, and put them into the Liquor on the Fire.

Let them all boil together half an Hour, then take it off, and squeeze it through a new Canvas Strainer into a Gally-pot. Cover it up, and set it by for Use.

33. *Serjeant Pyle's (Serjeant-Surgeon to King Charles the Second, and King James) Limmentum Arces for Green Wounds and Wounds on the Head.*

Take of Gum Elemi an Ounce and a half, Venice Turpentine an Ounce and a half, Sheeps Suet two Ounces, and an Ounce of Hog's Lard; melt and mix these in an earthen Pipkin, and make it up as before directed.

34. *The Breast Salve.*

Take a Quart of Sweet Oil, half a Pound of white Lead, half a Pound of red Lead in fine Powder, and five Ounces of the best Castile Soap cut in Pieces;
mix

mix them very well together, then set it on the Fire in an earthen Pipkin or Pot that holds a Gallon.

Let the Fire be small when you first set it on, and let it scimmer an Hour and a half, stirring it all the while with a Stick; then increase the Fire, and boil it till it comes to an Oil, taking Care to stir it as before to prevent its boiling over.

When it is so stiff as not to stick to your Fingers oil a Dish, and pour it out by Degrees into the Dish, work it up with your Hands into Rolls, and lay it by for Use.

It must not be too cold when you pour it out; and it will be five Hours in doing.

This Salve is good for sore Breasts, Bruises, Sprains in the Back, the Dropsy, Gout, Boils, Imposthumes, Green Wounds, and old Sores.

35. *The approved Gripe Water.*

Take an Ounce of Rhubarb, slice it thin, and dry it by the Fire, then powder it very fine, and put it into a Quart of the best Brandy.

The Quantity to be given at a Time is, to a Man four Spoonfuls, to a Woman three, and to a Child less according to its Years and Strength.

Repeat this every six Hours, first shaking the Bottle, and it will soon drive away the Complaint.

36. *A Powder for the Worms.*

Take Wormseed, Fennygreek, Aloes, St. John's-grass, burnt Hartshorn, and Sea-wort, of each an equal Quantity finely powdered; Flour of Brimstone half the Quantity of the rest, with three Times the Quantity of the whole of powdered Sugar.

To a Child of two Years old may be given half a Dram, and to one that is older the Quantity may be increased.

It must be given the Day before the Full of the Moon in a Spoonful of Sack, and the two Mornings following; drinking an Hour after it a Pint of thin Water-gruel.

37. *Another for the same.*

Take prepared Coraline, Hartshorn, Wormseed, and Rhubarb, of each a like Quantity, finely powdered.

Let as much of this be given as will lie upon a Sixpence three Mornings together fasting.

38. *To stop a Looseness.*

Let there be a Quarter of an Ounce of Cloves boiled in two Quarts of Water till it comes to three Pints, with a Crust of white Bread in it; then strain it off, and sweeten it with double-refined Sugar.

Drink half a Pint at a Time, and repeat this as often as you please.

39. *To preserve Roses to purge.*

Take a Quantity of Damask Rose Buds, and clip off the white Part; then take to every Pound of Roses three Pounds of fine Sugar, and one Quart of Rose Water.

Have ready upon the Fire a Pot of boiling Water; put the Roses and Water into a Pitcher, stop it down close, and set it in the Pot; let it remain there till the Roses are boiled tender, then take out the Pitcher, unstop it, and put in half the Sugar; stop it up again, put it into the Pot, and let it boil a little longer.

When it has boiled some Time put in the rest of the Sugar, then give it another boil, and when you take it up squeeze in the Juice of some Lemons thro' a Sieve.

A small Quantity of this in a Morning will be sufficient for a Dose, which operates without occasioning Sicknefs.

40. *A Remedy for Giddinefs in the Head.*

Take three Drops of Oil of Lillies of the Valley, roll it in a little fine Sugar, and make it into Pills.

Take

Take three or four of these when you find it coming on.

41. *Another for the same.*

Take half an Ounce of Moss Powder, two Nutmegs baked in a Loaf and powdered, a little Orrice Powder, a Quarter of an Ounce of Benjamin, half as much Frankincense, and the same Quantity of Brud Seed; beat all these together, and strew them on the fore Part of the Head every Morning and Evening. When the Dizziness comes on air your Cap over Benjamin, and with a Funnel let some of its Smoak up your Nostrils.

42. *A Medicine for a Cold.*

Take a few Raisins of the Sun, and stone them; add a little Conserve of red Roses, some white Sugar-candy, four Drops of Oil of Vitriol, and as much Oil of Sulphur; beat all these in a Mortar till they come to an Electuary.

Take the Quantity of a Nutmeg every Night going to Bed.

43. *Lozenges for a Cough.*

Take a Pound of brown Sugar-candy and a Pound of Loaf Sugar, beat them well, and sift them through a very fine Tiffany Sieve.

Then take an Ounce of the Juice of Liquorice, mix with it three or four Spoonfuls of Hyssop Water, and set it over a gentle Fire to scimmer a little.

Then take the Sugar-candy and Sugar, one Dram of Orrice Powder, and half a Dram of Gum Dragon beaten very fine; add a Dram of Powder of Elecampane, a Dram of the Spirit of Anniseed, and two Grains of Musk.

Mix all these well together with the Juice of Liquorice and Hyssop Water, and add as much more of the latter as will make it into a stiff Paste.

This done roll them into little Balls, and keep them in a dry Place for Use.

44. *For the same by Dr. Beaufort.*

Take two Ounces of the Oil of Sweet Almonds, three Drams of Hail's Powder, a Dram and a half of Gum Arabick, a Dram and a half of Diacodium, and three Drams of Aquamirabilis.

Mix all these very well together, and make them into a Linctus.

A Spoonful is to be taken frequently when the Cough troubles you.

Take Milk Water two Ounces, compound Rose Water two Drams, and Diacodium six Drams; mix all these together for a Draught, and when afflicted drink it at Night going to Bed.

45. *For a Chin-Cough.*

Roast what Quantity of Eggs you please till the Whites begin to be hardish; then break the Tops of the Eggs, pour out the Yolks, and fill up the Vacancies with white Sugar-candy powdered very fine.

This done cover the Holes again with Pieces of the Whites, put them in a clean earthen Dish, and set it in hot Wood Ashes for some Time.

Be careful to save all the Liquor that runs from them, and give a Spoonful of it at a Time to the Child thus afflicted.

46. *Another for the same.*

Take a Quarter of a Pound of brown Sugar-candy, and beat it small; put to it a Quarter of a Pint of Aqua Vitæ, set it on the Fire in an earthen Pipkin, and boil it to a Syrup.

Then take it off, and add to it half a Pint of the Juice of Alehoof.

Give the Child a Spoonful of this four or five Times a Day.

S E C T. IX.

Of Disorders of Cattle, and their Remedies.

A R T. I. *For the Meazles in Swine.*

MIX together a Quart of stale Urine, and Half a Pound of Derbyshire Reddle, which they sell at the Colour-Shops, and many call Red-Oaker.

Stir this well together, and when it is perfectly mixed, pour upon it a Gallon of sweet and good Whey made warm.

Keep the Hog fasting all Night, and give him this in the Morning.

The Sweetness of the Whey will make the rest go down, and it is a certain Remedy. The Hog will leave some of the Grounds at the Bottom, but that is no Matter; it is not designed that he should swallow all the Reddle that is mixt in the Urine, only the finest and lightest Part of it: And this never fails to go down, for the whole Liquor keeps of a thick red to the last.

2. *For the Sleep or Evil.*

This is a Disorder which affects Swine in the Summer Months, and has very bad Consequences if not taken in Time; for they always neglect their Food when they are troubled with this Disorder; and consequently they starve and pine.

They are known to have it not only by their continual sleeping in the Middle of the Day, but by their Drowsiness and poor look at all other Times.

The Method of Cure is this:

Pick

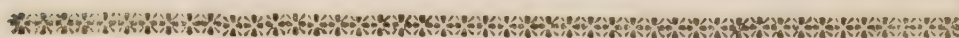
Pick a good Quantity of the small Stone Crop which grow on old Walls; it has yellow Flowers, and is very sharp to the Taste. Let the Farmer take Care to gather the right, for there are several Sorts, and this is the only one that has the right Virtue.

Bruise a good deal of this, and squeeze out the Juice; mix it with some warm Mash, and give it the Hog early in the Morning, after he has been shut up all Night without Victuals.

He will eat this freely, and it will presently make him very sick.

He will Cast very much, and his Stomach being cleansed, the Disorder will leave him.

If once does not do, let him have the same again the next Day; and it rarely fails.



S E C T. X.

Of the Garden and Orchard.

IN the beginning of this Month, we gave the Housekeeper an Account of what would be the Produce of the Garden in its several Kinds: we are now to mention the proper Work to be done in it toward the latter Part of this Month, to prepare for the Products of the next: For according to that Care, they will be both in Quantity and Quality.

The Kitchen Garden being the most material, in respect of our Plan, we shall consider that first.

The Crop is in a Manner all in the Ground, and every Thing is growing a-pace.

The Gardiner must remember that the same Heat and Moisture which set his Beans, Pease, and other Products so fast into growth, will have the same Effect upon the Weeds. These are a Kind of Hydras, or many headed Monsters, that till very thorough

thorough Care is taken, rise the faster for being cut up.

The Reason is this : Many of the Roots and Fragments of Roots of the Perennial Kind remain ; some of which have been dug in deep, and lain long quiet ; but in the fresh Digging of the Borders, come near the Air again, and grow ; for Weeds are not like useful Plants that require Care and Attendance : The least Piece will shoot, and scarce any Thing destroys them.

Beside these, the Wind brings in the Seeds of the Red-Nettle, Groundsell, the Wild-Oraches, and many others, which taking Advantage of the new dug Ground, shoot up instantly, and grow quick.

These must be hoed up as fast as they grow ; and in this let the careful Gardiner observe, that he may at the same Time, give a great deal of Strength to his Plant, by breaking the Surface of the Ground : Therefore instead of shaving the Weeds off as too many do, let him always cut with a Stroke slanting downwards, and thus he will more effectually destroy them ; and in this Ground made rich already, by Digging and Manure, he will cut in two or three Inches, and make a fine new Surface ready to receive the Dews.

When he has got all his Borders clean, and in Order, let him think of *sowing, planting, and transplanting*.

As to Sowing, we have observed already, that what he has to do on that Head, is not very much.

A second Crop of Brocoli may be very well sown now ; and if the Weather be not too hot and dry, some Turnips in a shady Place, will come up quick, and very soon grow for the Table.

A Crop of French Beans, should be sown also at this Time, and all the Kinds of Lettuces ; for there will thus be a Succession of them ripening for the Table, one after the other.

Young Salleting may be still sown, but few much regard it at this Season.

'Tis very valuable when there is little else for the Supply of the Table; but that is not the Case now, there is a Plenty of every Thing of the large Kind. The Middle of *June* is a very good Time for the Planting out those Sweet Herbs, which have been sown for the Use of the Kitchen.

They are now of a Bigness to bear removing; and there will be the Summer before them for Encrease.

They should be planted at a good Distance from one another, and shaded from the Sun, and watered in Evenings, till they have taken Root.

The Cabbage and Savoy Plants, sown in the early Months, will now be fit for removing; and there will be very proper Places for them.

The Gardiner has cleaned all his Ground, and there will be the Intervals between his Beans, and some other early Crops very happily ready to receive his Plants of this Kind.

They will do better thus, than if transplanted into a clean Bed; for the Stalks of the Beans and other Plants, will shade them till they have taken Root; and then by that Time they want any Share of Nourishment, these will be ready to come up.

The pulling up the Bean Stalks will be like digging the Ground about these Plants; for every Thing that breaks the Ground answers this Purpose, and they will flourish upon it greatly, and get into a fine Forwardness for supplying the Kitchen in Winter.

The early sown Endive will now also be ready for transplanting, and there must be a chosen Piece of Ground for this Purpose: It must be somewhat shaded, and moist. They must here be planted at a moderate Distance, and they will be quickly fit for blanching.

Toward

Toward the End of *June* also, is the proper Time for planting out Chardoons for the last Time ; and in this, regard must be had to the Nature of the Plant, and the particular Management it requires.

It is very large, and it is to be blanched to a great Height. For this Reason, it must stand in a Bed of rich and light Mould, and must be placed at a great Distance, one Plant from another.

Four Foot is the proper Distance, and as it rises the Earth must be carefully hoed up to cover the Stalks ; on this will depend their fine Colour, and their delicate Flavour. When Chardoons are not well blanched, they look Dirty, and eat Coarse.

If we cast our Eye from the profitable Garden to that for Pleasure, we are to tell the Gardiner, that a great deal is to be done there this Month.

All the Annual Flowers that have not before been removed from their Seed Beds, are now to be set out into the Places where they are to remain.

The Evening is the properest Time of the Day for this Purpose ; and the Gardiner should always contrive his Work so that the last Hour of the Day be employed on this Business.

Let him make good Holes for the Reception of these Plants ; remove them with good Balls of Earth about them, and place them carefully in. Then let him give them a gentle Watering, to fix the Earth to their Roots ; and if the Sun be powerful the next Day let them be shaded at Noon.

A little Care at this Time, gives the Garden a great deal of Beauty in the succeeding Months. These Plants are tender, so that a little Matter hurts them ; but this is the last Accident to which they are exposed ; if they escape Damage upon their removing, they will grow very fast : They are very apt to droop for a Time if not well managed ; but if this be too much, they will never recover it afterwards.

The fibrous rooted Plants have now made their Shoots from the Root, so this is the best Time for making Layers for propagating them.

Carnations are propagated this Way ; as also Sweet Williams, and all that Kind of Plants.

Carnations are now coming into Flower, and a great deal of Care is to be taken of the finer Kinds, for no Flower is so subject to Injuries.

Nothing is so common as their being destroyed by Earwigs; therefore let the Pots be carefully searched for Vermin. Ants are very common about them, and will do a great deal of Damage.

As the Florist observes them coming into Bloom, let him snip the Ends of the Flower-Cup, which the vulgar Gardiners call the Pod, in about five Places at equal Distances; this will make the Flower open regularly.

When Carnations are left to themselves, they often open all on one Side, and never display themselves properly afterwards.

They are naturally a Flower that continues a good while, but they may be made to stand twice their natural Time by good Management.

To this Purpose they must be defended from Wet, and from the extreme Violence of the Sun. The common Contrivance for this Purpose is a Covering of Glass: This very well defends the Flower from Rain; but instead of preserving it from the Sun, it gives that greater Power, the Heat of the Noon Sun in *July*, through a Glass being scorching.

I have seen many a fine Flower that would have stood a great while if left to itself, burnt up presently by this Design to preserve it. Some Years since Mr. Willis who was famous for his Carnations, at Bath, invented the easy Method of using oiled Paper instead of Glass, and several here followed it. 'Tis so commodious, cheap and easy, and answers both the Purposes so well, that I wonder every one does not follow it.

This oiled Paper perfectly well keeps off the Wet, and is not subject to scorch up the Plants with the Sun.

Those

Those Flowers which are propagated by Cuttings, are now to be put into the Ground. The Perennial Asters, Scarlet Lychnis, and such others, are to be raised this Way. They must be planted in a rich Soil, and a Situation not too much exposed; and they must be shaded at first, and after that watered at Times, till they have taken good Root.

All the Spring Flowers are now past, and their Roots should be taken up.

Some of these will not bear to be kept out of the Ground any long Time, as the Futillary, Dogs Tooth, Persian Iris, and the like; these should be now taken up, and soon put into the Ground again where they are intended to Flower the next Spring; and the others are to be taken up and preserved out of the Ground, till the Time of Planting them again in the End of Autumn. The Tulips, and such others, must be carefully cleaned from Filth; and hung up in Bags in a shady Place.

Many keep them in Boxes and Drawers, but there is Danger in this Practice, for Rats and Mice are extremely fond of them, and often get at them.

Toward the End of this Month, the Gardiner must again go over his Fruit Trees with a careful Eye: Whenever he sees the Fruit stand too thick, he must thin it again, always keeping it in his Mind that one good Peach is worth two starved ones, either for the Table or the Market; and that it is much more to his Credit to have a small Number of Fruit, than his Trees crowded with such as are not worth gathering.

Let him rub off the first Rudiments of all strait forward Shoots, and of any others that grow irregularly; but this is all he must do: It is a bad Time of the Year to do any Thing with the Knife.

Where the Fruit upon the Wall Trees stands too much exposed to the Sun, it will be proper to draw over some Leaves by Way of a Covering for them. This was their Intent in Nature, and as we spread
out

out Wall Trees unnaturally to the Sun, we should have a regard to this, where we leave them too much exposed.

Care must be taken to keep the Ground about the Roots of the Trees clear from Weeds, as well as that where useful Plants or Flowers grow.

We have explained the Occasion, and the Nature of this in the Directions for last Month, and the same holds good here.

Some pull them up by Hand, but hoeing is the better Practice; because it answers the Purpose of a slight Digging about the Roots at the same Time.

Whenever there happens a shower this Month, let the Gardiner be sure to visit his Wall Fruit, and look carefully after Snails; as also Mornings and Evenings, in the same Manner as in the preceding Month.

Particular Care must be taken this Month, of the new planted Trees.

They must have some Water given them at Times, and Mulch should be laid about their Roots, that they be always kept in a Condition of growing, by the moist Temper of the Ground.

The Vines are such luxuriant Growers, that they must be looked after carefully. All side Shoots, and ill placed Branches must be taken off. If any of their long Branches be got loose from the Wall, as they frequently will be, they must be nailed up; and Regard must be had to the Bunches, to give them all the Advantages of Ripening.

These require a great deal of Sun, and the Leaves of the Vine are so large, that often they too much shade them. It is frequently necessary to clear these away in some Places, as it is to draw the Leaves of other Fruit Trees over the Fruit.

The Grapes if they are not favoured in this Manner by the Art and Conduct of the Gardiner, not only ripen poorly, but never attain to their full rich and Winey Flavour.

THE
COOK, HOUSEKEEPER's,
AND
GARDINER's COMPANION.

J U L Y.

S E C T. I.

Of Provisions.

A Bill of Fare for the Month of July.

Fish, Flesh, and Fowl, as in the last Month:

C H A P. I.

Of Garden-Stuff.

A R T I. *Of Greens and Roots.*

THE Garden at this Season affords in a Manner all its Stores; Cauliflowers are in great Perfection, and there are fine Cabbages.

Lettuces are in their great Perfection, and they are plentiful; the Cos and other fine Kinds for Sallads, and the Cabbage and the like of that Sort, for Soops and Stewing.

Small Salleting is to be had, but it is less regarded, because the fine Cos Lettuce of this Season is so much more esteemed; indeed the young Salleting is not only
best

best in Spring from its Novelty, but in its Nature ; it may be had all the Year round by Hot-Beds and other Arts, but it is never so fine, tender, and delicate, as at the natural Season.

With Care the Table may be supplied in *July* also with Celeri and Endive ; and for those who have the Italian Manner of eating, there is Trinachia : There is also Spinach, and in general the sweet Herbs for Soups and Seasoning are at this Time in their greatest Perfection.

The Roots in Season are Carrots and Turnips, Onions, Garlick and Rocambole, Scorzona and Salsafie, and the Red Beet ; which last many eat in the Manner of a Carrot, to boiled Beef and other Meats, and tho' insipid, it is not unpleasant, and makes a Variety.

Horse-Radish is fine at this Time, and there are Potatoes very mealy and delicate ; and those who chuse to continue the Spring Products in their Gardens, may have Radishes.

The Fruits of the Kitchen Garden we shall also speak of under this Head ; those of the Orchard come in separate. Beans, Pease, and Kidney Beans are now in their prime Perfection, and make a very good Appearance at Table. Artichokes continue in perfect good Season, and Cucumbers and Mellons are in great Perfection.

There is also another Fruit that just comes in Season in *July*, this is the Tornato, used by many in Soups, and very well deserving to be brought into universal Practice.

2. *Fruits for the Desert.*

There is no Month in which the Desert may be so largely or so well furnished as *July* with fruits, nor any in which they come so plentifully into the Service of the Kitchen or Confectionary.

Cherries are in their great Perfection, the large Dukes, the Heart, and the Carnation Cherries are in
their

their Perfection, and the Black Cherries begin to come in. The Kentish Cherry is also now very fine, and excells many of the others for various Uses; and for curious Deserts, the Amber Heart and White Spanish are now to be had in their prime Order.

Apricots are come in now, and the common Kind is getting to its Ripeness. This, to be eaten in its Perfection, should be gathered just as it begins to mellow; before this Time it is hard and sour, and after this it grows mealy; no Fruit is so particularly fixed to a Time of gathering. For those who are curious in Fruits, the Algier and Turkey Apricot may be had also now, and the Buda Kind is a very fine one.

The early Peaches are also come in now, the Nutmeg Peach may be had in Plenty, the brown and the white; and there are some other of the early ones that just now begin to ripen.

This is an early Season for Nectarines, but there is one Kind that toward the End of *July* may be had, it is called Fairchild's early Nutmeg Nectarine.

Plumbs are coming in, and some Kinds will shew their beautiful Bloom upon the Table, and be fit for eating. The Orleans Plumb, which our People call the Arline, begins to ripen, the Violet Plumb is well ripened, and the Morocco Plumb, may be had in good Perfection from a favourable Situation.

Strawberries are yet in Season, and particularly the nicer Kinds; the white and green are now in their Perfection; and the Chili Strawberries are also at this Season ripe; these are not very common, but they deserve to be more introduced into Gardens; they will stand very well, and their Fruit exceeds the Hoboy very much in Size.

Lastly, to name Apples and Pears; they are now to be had of several Kinds as they come in Succession. The Codling is now in fine Condition, the white Juneating continues very fine, and the Summer Costing, and the Summer Pearmaine. The John Apple is yet fine, as are also the Stone Pippin, and the Oaken Pippin.

For Pears, the Jargonelle and Orange Musk are now in their fine Season ; as also the Primitive Pear, the Robin Pear, and the Muscade, a small but very agreeable one. These serve the Desert, and there may be even till this Time, some of the Winter Pears preserved for baking, if the Housekeeper have been careful ; the most likely Kinds are the Worcester Pear, and that which the Gardiners call Lord Cheynes Green.

S E C T. II.

Of COOKERY.

C H A P. I.

Of Roasting.

A R T. I. *To roast a Chicken the Polish Way.*

CUT a Quantity of fine fat Bacon for larding, and cut also four Anchovies, taking out the Bones.

Chuse a fine Chicken, and when picked and drawn lard it carefully with the Bacon and Anchovies, a Piece of one and a Piece of another ; and when this is done, strew over the whole a Quantity of Sweet Herbs, and Spices shred and mixed together.

Cut the Liver of the Chicken small, and mix with it some Parsley, three Truffles, a Slice of Bacon minced small, the Yolks of two Eggs, and a Blade of Mace pounded ; mix all this well together, then strew in a very little Pepper and Salt ; when all is perfectly well mixed, fill the Body of the Chicken with it, and lay it down to roast at a moderate Distance from a very good Fire.

When

When the Chicken is half done heat a clean Fire-shovel till it is just red hot, then let it cool till the Redness is gone off, and put into it three or four square Pieces of fat Bacon; the Heat of the Shovel will make the Bacon run, and this is to drop over the Chicken by Way of basting.

A great deal of Care must be taken in this Article; if there be the least Foulness on the Fire-shovel it will come off with the Bacon and black the Chicken, or if the Shovel be too hot it will make the Bacon run too thin, and burn: The Intent is, that the Heat of the Shovel be just enough to let the Bacon melt for the dripping upon the Fowl, and when well managed it gets this Way a very peculiar and fine Flavour.

When it is well done, send it up with the following Sauce:

* * * *Sauce for the Polish Chicken.*

Chop two Spoonfuls of Capers very fine, then chop a large Spoonful of young Parsley, some Chives, and a split Anchovy boned.

Strew over these some Pepper and Salt, grate on a little Nutmeg, and mix the whole perfectly well together.

Squeeze into a small Sauce-boat a good Lemon, take out the Pips, put in a Tea Spoonful of Basket Salt, and two large Spoonfuls of Oil; beat these well up together, then put in the Capers and the rest of the minced Meat; stir all well together, and send it up with the Chicken.

Some pour this over the Chicken, but it is best sent up separate.

2. *To roast a Partridge larded.*

Pick and draw a Brace of Partridges; cut some very fine Bacon for larding, and having gently blanched the Partridges lard them carefully with thin Slices of the Bacon.

Cover them with Paper after they are spitted, and lay them down to a gentle Fire: Let them continue

at some Distance till they are soaked well, and then stir up the Fire, take off the Paper, and brown them handsomely.

This is the Way they eat Partridges in France, and they have a Mellowness and Flavour much beyond ours.

3. *To roast Plover.*

Plover are to be dressed as Woodcocks, without drawing, and the Method now used by the best Cooks is this :

Pick them clean, blanch them, and lard them with fine Bacon cut very small for that Purpose ; lay them down to a moderate Fire, and make a Toast of a Round of a Three-penny Loaf with the Crust cut off, lay this in the Dripping-pan, and when the Plover are done send them up with the Toast.

4. *To roast a Turkey Pout larded.*

Chuse a fine, well-grown Pout, not too young, and yet not so large as for the Flesh to be hard ; let it be picked, drawn, and trussed : Cut out some fine Bacon into pretty large Pieces for larding, lard the Turkey Pout carefully with this, and spit it ; cover it with Paper, and lay it down at a Distance before a good Fire to soak well.

When it is near done take off the Paper, brown it, and serve it up hot.

5. *To roast young Rabbits.*

Let a Couple of nice, well-grown, but young Rabbits, be skinned, gutted, and blanched ; then rub them over with a Piece of fat Bacon warmed for that Purpose, and lard them handsomely with thick Pieces of fine Bacon ; spit them together double, and roast them before a very good Fire, and send them up brown.

Few People would imagine the Difference there is between a Couple of Rabbits done in this Way and a single one ; there is a Mellowness in them when
roasted

roasted double that they have not otherwise, and many People prefer them this Way to a single Leveret.

6. *To roast Larks.*

Pick a Dozen of Larks, and truss them, but do not draw them, singe them carefully with white Paper, and put them upon Skewers with Bacon round them cut in thin Slices.

Tie them to a Spit, and lay them down to a good Fire: When they are near done throw over them some very fine Crumbs of Bread.

7. *To roast Venison the Italian Way.*

Put into a large Soup Dish some Vinegar, sweet Herbs, and Spices, with a Bay Leaf and a Stick of Cinnamon both broken. Set this by.

Lay the Venison that is to be roasted upon a large Gridiron placed high over a very strong and clear Fire, turn it till it is well blanched, then throw it into the Soup Dish hot from the Fire; turn it about three or four Times while it is cooling, and when thoroughly cold take it out for larding.

While the Venison is in the Liquor cut some Bacon out into large Pieces for larding, and when it is taken out lard it all over very carefully, then spit it, and cover it with large thin Slices of fat Bacon, and wrap Paper over the whole.

Thus prepared lay it down to the Fire, and baste it well with the Liquor out of the Soup Dish.

When it is done send it up with Powrade, a Sauce made with Pepper, as we have before directed; but for those who like sweet Sauce some should be sent up also in a Bason.

8. *To roast a small Kid.*

Chuse for this Purpose a small fat Kid, let it be skinned and trussed, then throw it into warm Water to blanch it.

While this is doing cut out a good Quantity of fine Bacon for larding; when the Kid is blanched
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and cold lard it all over, and spit it, lay it down to a sound good Fire, at a moderate Distance, covered with Paper.

When it is near done take off the Paper, and strew some very fine Crumbs of Bread all over it; brown it up, and serve it in hot with some Green Sauce, garnishing the Dish with a good Quantity of fresh-gathered Water-creffes.

9. *To roast Ortolans with Eggs.*

Beat up half a Dozen Yolks of Eggs with a very little Basket Salt.

Pick the Ortolans, cut off the Claws, and take out the Eyes; this done put them upon a Silver Skewer, tie them to the Spit, and lay them down to a very brisk Fire at a moderate Distance; sprinkle them from Time to Time with the beaten Eggs, and let them get a very good Colour.

See the Dish be hot, and that they be sent up quite hot.

10. *To roast young Pigeons Ortolan Fashion.*

Chuse four very young tame Pigeons from the Nest before they have Feathers for flying, cut off the Heads, pick them, draw them, and blanch them; and let all this be done speedily, so that they may be upon the Table within an Hour after they are out of the Nest.

Beat up the Yolks of four Eggs with a little Salt; cut off the Ends of the Feet, and then wrap every Pigeon quite round in a thin Slice of very fat Bacon.

Round this wrap a Couple of fresh-gathered Vine Leaves, and then spit them, and lay them down to a good Fire, tying the Leaves on when they are spitted.

When they are near done take off the Leaves and the Bacon, sprinkle the Pigeons well several Times over with the beaten Eggs, and brown them up. Send them to Table hot without any Sauce, and they will be very much approved.

11. *To roast Chickens stuffed.*

Chuse a Couple of fine fatted and well-grown Chickens, pick them, draw them, singe them, and lay them ready for stuffing.

Cut the Livers into small minced Meat, chop two large Spoonfuls of Parsley, and grate two Ounces of Bacon; cut a Dozen young Onions as small as the Parsley, mix all these together, then strew on a little Pepper and Salt; grate over all some Nutmeg, and add a few Leaves of sweet Herbs picked clean off and not cut, half a Blade of Mace, and one Clove bruised.

When this is all well mixed together, stuff the Bodies of the Chickens with it.

Then set on a large Stewpan, put in some fresh Butter, some whole Parsley, a Bunch of young Onions, and some sweet Herbs cut; throw in the Chickens ready stuffed, and roll and toss them about.

Then take them out, spit them, and cover them with thin Slices of fat Bacon, lay them down to a good Fire covered with Paper, and when they are well done make a rich Sauce of Gravy, or cover them with a rich Raggoon, which is the true Way.

12. *To roast Chickens with Anchovy Sauce.*

Chuse a Couple of fine large Chickens perfectly tender and young, pick them, draw them, truss them, and singe them.

Cut the Livers to Pieces, and mix some Bacon and sweet Herbs with them, and adding a Piece of Butter stuff the Bodies with this.

Then lay them down to roast.

Wash eight right Gorgona Anchovies, for if they be not of the finest Kind the Dish will be spoiled, cut two of them very small, split the rest, take out the Bones, and lay them in Readiness.

Set on a Saucepan with some rich Gravy, squeeze in a large Lemon, and throw in a Roll of the Peel of another

another Lemon, not that which was squeezed, for the Flavour of that will be lost by the squeezing; when these are hot together throw in the minced Anchovy, and let the whole stew a few Minutes.

When the Chickens are done lay them in a Dish, lay the Slices of Anchovy upon them, and pour carefully over them the Sauce: If the Slices be washed off by pouring on the Sauce, lay them handsomely on, and send it up.

C H A P. II.

Of Boiling.

A R T. I. *To boil a Pike crimp'd.*

CHUSE a very large Pike, take it directly from the Water, scale it, gut it, cut off the Head, and crimp it.

All this must be done in a few Minutes after it is out of the Water, or it will not be worth any Thing.

The Crimping is to be done with a sharp Knife in the following Manner.

Cut the Flesh, and cut through the back Bone first of all at an Inch below the Head; cut the Body thro' except a very little at the lower Part, that when all is done the whole may hang together.

The first Cut being thus made, do the same at an Inch Distance, and the like at every Inch till within a Hand's Breadth of the Tail.

Every Cut must be made like the first, going thro' the Back Bone, and through all the Flesh of the Fish, only leaving enough entire at the Bottom for its holding together.

This being done, throw the Fish into a large Vessel of Well Water just drawn.

The whole Crimping may be done in two Minutes by a skilful Hand, and on this depends the Excellence of the Fish, for being cut thus quick, and hardened by

by the cold Water, it will eat as firm as the Kernel of a Nut.

Set on a Pot with a great deal of Water, throw in a Handful of Bay Salt, and a Quarter of a Pint of Vinegar.

The Head and the Tail of the Fish, which were cut off, when it was crimped are to be put into the Water as soon as it boils and has been skimmed, and the Head is to be split open.

When these have boiled five Minutes put in the Crimp, either entire, or cut into separate Slices, by going through the Piece that was left to hold them together.

Put in the Melt with the Crimps, and let it boil a Quarter of an Hour.

Then warm a large Dish, take out the Head and Tail, and drain them, then lay them in the Middle of the Dish.

Take up the Slices, and drain them, and lay them round the Head and Tail.

While the Fish is laying in the Dish let the Sauce be got ready.

Draw a Pound of Butter with a Spoonful of Water, and let it be as thick as Cream, then squeeze in a Lemon, and drop in a few Pieces of Horseradish scraped very fine, and just wetted with Vinegar; pour this over the Fish, and take Care to send it up hot.

This is one of those elegant Dishes which we recommend to the genteel Tables, because it costs no more than the plainest Way of doing the same Fish; and we can assure them, those who never tasted Pike this Way do not know how excellent a Fish it is.

There are in Whitlesea Moor, and some other Places, very large Pearch, which I have ordered to be dressed in the same Way, and there is hardly any Fish, River or Sea, that comes up to them.

We owe the Invention of crimping of Pike to the Dutch, but few here would approve their Sauce; it is only oiled Butter; they melt it gently over the

Fire, stir it about with a Ladle, and so pour a Quart of it over the Fish.

Those who have eat Pike in Holland, and dislike this Method, yet allow the Fish tasted to a Miracle.

The proper Garnish for this Dish is raw Parsley washed and chopped a little, but not cut very small.

2. *To boil Salmon crimp'd.*

There is little Difference in the Method of doing this from that we have described for the Pike; but the least Things must be observed in this Art, or the Cook will find her Dishes spoiled, and not know what does the Mischief.

This is only to be done in the Salmon Countries to Perfection, but if a good fresh Salmon be chosen in London, it will be found much preferable to the common Way.

Let the Fish be scaled and gutted, cut off the Head and the Tail, and cut the Body through at once into Slices an Inch and half thick; have a large Pan of Pump Water set by you, and as the Slices are cut throw them in; then when they are all in strew a Handful of Bay Salt over the Surface of the Water, stir it about, and take out the Fish.

Set on a large deep Stewpan, boil the Head and Tail, but do not split the Head, put in some Salt, but no Vinegar; and when these have boiled ten Minutes skim the Water very clean, and put in the Slices; when they are boiled enough take them out, and while they are draining make some Shrimp Sauce to send up with them.

The Head and Tail are to lie in the Middle of the Dish, the Slices are to be placed regularly round them, and the whole is to be garnished with whole Leaves of Parsley.

3. *To boil Plaise au Court Bouillon.*

Plaise are at this Time in the Height of their Perfection; they are a cheap Fish, and being dressed in
the

the Way of the Court Bouillon they are an excellent and an elegant Dish.

The Reader is not to be frightened at the Name of this French Method, for we shall, as in other Instances, shew how it is to be done at a moderate Expence: We shall not spare our Cook any Trouble, but we shall shew that the best Dishes, with due Care, may be dressed with little Cost.

Chuse four large and thick Plaise, wash them, gut them, and wipe them dry.

Strew over the Bottom of a Stewpan some shred Parsley, and a few Slices of Onion.

Upon this lay the Plaise, then strew some Pepper and Salt upon them, and put over them some more Parsley and Onions, a Couple of Bay Leaves broken, some Chives, and some Slices of Lemon cut very thin with the Peel; last of all sprinkle over them some Leaves of sweet Basil cut very small, and a small Piece of a Blade of Mace shred fine with a Pair of Scissars.

Upon these Ingredients gently pour half a Pint of white Wine, the same Quantity of Vinegar, and as much Water as will make this cover them moderately.

Set them over a Stove with a gentle Heat, and let them stew till they are enough; then take off the Stewpan, but do not at first take out the Fish, let them lie in the Liquor that they may be well relished with it, and the mean while prepare the Sauce.

Split and bone a Couple of washed Anchovies, and shred them small; melt some Butter with Pepper and Salt, and two whole Chives; add the Anchovies, take out the Chives, and put in a little Flour to thicken it: Turn it over the Stove.

Take the Fish out of the Liquor, let them drain, and lay them in the Dish; then pour the Sauce over them.

They are thus a very high-flavoured Dish.

The expensive Way is to add a large Quantity of Cullis of Cray-fish to the Sauce ; but this is not needful ; the Sauce we have directed is very good alone, and if any chuse to enrich it, some good Gravy will do very well in the Place of it.

We have directed the Manner of doing this Cray-fish Cullis in a former Part of this Work, so that such as chuse the expensive Way will there find the Method of doing it in the greatest Perfection ; but we here propose what will answer perfectly well without such Charge.

4. *To boil a small Turbot au Court Bouillon with Caper Sauce.*

This is another of those Dishes that are elegant in their Kind, and yet come within the Compass of a moderate Table.

A small Turbot is to be bought cheap, and this Way is very fine.

Gut it, wash it, and dry it in a fine Napkin, then cover the Bottom of a Stewpan with Thyme, Winter Savoury, Parsley, and an Onion sliced ; lay the Turbot upon this, and let the Stewpan be a small one ; it should only be just big enough to hold the Fish, because when larger more Wine is required, which creates an Expence, and answers no Purpose.

The Fish being laid in, strew over it a good Quantity of the same Herbs, with some Chives, and some sweet Basil ; pour in equal Quantities of Vinegar and white Wine till the Fish is covered, then strew in a little Bay Salt, add a few Corns of whole Pepper, and set the Pan over a gentle Heat in a Stove, increasing it by Degrees.

Let the Fish stand thus till it is done, then set the Stewpan off the Fire, but do not take the Turbot out of the Liquor till the Sauce is made, for the same Reason that the Plaife were ordered to lie in it, which is, that the Fish gets more of the Taste of the Liquor
when

when it is done and bands in it cooling a little, than it did all the time of the doing.

When the Stewpan is taken off, prepare the Sauce in this Manner :

Set on a Saucepan with a good deal of Butter, put in two Anchovies washed, split, and boned ; add two large Spoonfuls of Capers cut small, and some Chives whole ; then sprinkle in some Pepper and Salt, grate in a Nutmeg, and add a Pinch of Flour, a Spoonful of Vinegar, and a little Water.

Keep turning the Saucepan over a Stove, and when it is done pour it over the Turbot, which must be put dry into a warm Dish ready, and sent up very hot, garnished with Horseradish.

5. To boil a Turbot with Gravy.

Chuse for this Purpose a middling-sized Turbot, and gut it, wash it, and wipe it dry.

Prepare a deep Stewpan wide enough to hold it, and put in the Fish, with two Bay Leaves, a Handful of Parsley, a large Bunch of sweet Herbs, and an Onion stuck with Cloves ; add some Salt and Pepper, and set this by in Readiness.

Clean out a Saucepan perfectly, and put into it two Pounds of Veal from any coarse Part, and next lay a Quarter of a Pound of Bacon cut into thin Slices.

Cover the Saucepan, and set it over a slack Fire ; let it stand till the Meat begins to stick, then put in a good Piece of Butter, and a large Spoonful of Flour ; stir this all up with a wooden Spoon, and let it be well browned.

Then put in a little strong Broth, or, if that be not in Readiness, some Water will serve the Purpose ; stir all well about again, and when it is mixed stir and scrape off all the Brown that sticks to the Sides of the Saucepan, then let it mix well together, and stand hot some Time.

This being done cut some Slices of fat Bacon, lay them over the Turbot, then heat a Pint of strong white

white Wine boiling hot, pour ~~it~~ upon the Turbot, and then strain in the Veal Gravy; set ~~it~~ over a Fire to be done, and when near enough remove it to a slack Heat that it may stand to take the full Strength and Relish of the Ingredients.

When it is thoroughly soaked take it out, lay it on a warm Dish, and pour the Gravy into a Saucepan, thicken it up, and put it over the Turbot by Way of Sauce.

The French throw away the Gravy, and serve up the Fish with a Raggoo made for this Purpose of Sweetbreads, Cocks-Combs, Truffles, and Mushrooms. This may be the more elegant Method, but it is not so well as the other.

There are some who value Things only for being expensive, and to such this Method may be suited, but the Confusion of Tastes spoils all; the Turbot with a Sauce of its own Liquor is sufficiently rich for any Table, and in that Condition it is much less expensive, and will better please a critical and judicious Palate.

C H A P. III.

Of Broiling.

ART. I. *To broil Peach with Anchovy Sauce.*

CHUSE for this Dish Peach of a moderate Size, and if that can be done have them brought fresh from the Water, scale them, gut them, wash them, and dry them in a Napkin.

Melt a good Quantity of Butter with some Salt, let it be thick, and when it is cooled a little dip the Peach into it, roll them about till the Butter sticks well to every Part of them.

Then set a Gridiron over a very clear and brisk Fire, but let it stand at a great Height above the Fire, for the Peach must be soaked well before they are browned up.

While

While the Pearch are broiling, make the Sauce in the following Manner :

Set on a Saucepan with some Butter, a Pinch of Flour, and a whole Leek ; add two Spoonfuls of Vinegar, a little Water, some Pepper and Salt, and a third Part of a Nutmeg grated ; wash and bone three Anchovies, put them into the Saucepan cut into small Pieces, and keep shaking it over a Stove while the Fish are doing.

When they are near done move the Gridiron a little nearer the Fire to brown them, then lay them in a hot Dish, and pour the Sauce carefully over them, keeping back the Leek.

2. *To broil Bream with Caper Sauce.*

A Bream is a common and neglected Fish ; it is but a very indifferent one till it grows to a great Size, but then dressed in this following Manner it is excellent.

Chuse the biggest Bream you can get, gut it, but do not scale it, wash it, dry it in a Napkin, and rub it over with a little melted Butter.

Set a Gridiron at a good Distance over a clear and brisk Fire, and on this lay the Bream ; when it has been on some Time turn it, and then prepare the Sauce.

Melt some Butter with a little Flour, Vinegar, and Water, add some Chives chopped small, a Spoonful of Capers also chopped, and some minced Parsley, with Pepper, Salt, and a little Nutmeg ; toss this up over a Stove, and when the Fish is enough take it off the Gridiron, lay it on a heated Pewter Dish, and raise the Skin about the Middle of the Back. It will rise easily, for it is very loose, and following the Course of its rising it will all be stripped clean off without the least Difficulty.

When the Bream is perfectly well cleaned of it lay it in a China Dish warmed, and pour the Sauce over it.

3. *To boil a Pike.*

Chuse for this Way of Dressing a middle-sized Pike, and get it as fresh from the Water as possible.

Melt some Butter, with Pepper and Salt and a little Flour; pour it into a Soup Dish, and let it stand a little to cool.

While this is doing, gut and scale the Pike, wash it very clean, and dry it; then with a sharp Pen-knife score the Back and Sides cross and cross, and lay it in the Butter; roll it about that the Butter may come at every Part of it, and then set on a Gridiron fast, let it stand high over a clear Fire, lay the Pike upon it, and let it be well done.

When it is near enough, bring it near the Fire, and turn it once, that each Side may be browned. Then send it up hot with Anchovy Sauce.

C H A P. IV.

*Frying.*ART. I. *To fry Lampreys with Capers.*

GET fresh Lampreys full of Life, and not such as have been kept out of Water till they can scarce stir, for this makes them good for little: Bleed them, and save the Blood.

Then make some Water scalding hot, and throw in a little Salt, pour it into a Pan, and put in the Lampreys to clean them, rub them and wash them thoroughly to get off their Slime, then cut them into Pieces; wash these over again, and dry them in a Napkin. When this is done, set on a Stewpan with some clarified Butter; add a little Flour and some Pepper and Salt, a Bunch of Sweet Herbs and a Bay Leaf: Grate in a little Nutmeg, and last of all pour in a Glass of white Wine.

Put in the Pieces of Lamprey, and fry them carefully; when they are pretty well done, take out the

the Herbs, and put in the Blood ; add at the same Time two Spoonfuls of chopt Capers, and then thicken all up. Heat a Dish and pour in the whole together, and send it up hot.

2. *To fry Pearcb plain.*

Chuse middle-sized Pearcb, gut them, scale them, and wash them very clean.

Then with a very sharp Pen-Knife score them on the Sides, but not very deep, nor very close ; drudge them with Flour, and then fry them in oiled Butter.

When they are well done and brown, serve them up garnished with fried Parsley, and send up with them plain melted Butter. This gives the Pearcb its true Flavour, and many for that Reason prefer it to any other Way of dressing that excellent Fish. But as there are others who are fond of Sauce of more Relish to every Thing, we shall add the following Receipt for the same Fish.

3. *To fry Pearcb with Caper Sauce.*

Chuse larger Pearcb for this Way of dressing, and having scaled and gutted, washed and dried them, cut them deep into the Sides and Back, and drudge them with Flour, with a little fine Basket Salt among it.

When they are well prepared in this Manner, fry them as before directed, till they are thoroughly done and perfectly brown.

When the Fish is ready, make the following Sauce : Melt in a Saucepan two Ounces of Butter, put in some Flour, and brown it, then put in some Chives chopped small, some Parsley chopped fine also, and a few fresh Mushrooms shred fine ; add a little boiling Water, lay the Pearcb taken out of the Pan into a small Stewpan, pour this over them, and let them scimmer in it two or three Minutes ; then take them out, lay them on a warm Dish, and put to the Sauce two large Spoonfuls of Capers cut small, thicken it up, and then pour it over the Pearcb.

There is no Way in which the Pearch eats better than this. The frying gives it a Firmness and Crispness, and all this soaking in the Sauce does not take it off, altho' it mellows the Flesh very finely, and gives the whole the Flavour of the Ingredients that are put into the Sauce.

CH A P. V.

Of Baking.

ART. I. *To bake Tench.*

CHUSE a Brace of Tench of a good Size, a fine Violet Coppery Colour and Olive; kill them by a Blow on the Head, and immediately gut them and clean them, wash them perfectly in Water with a little Vinegar and Salt in it; cut off their Heads, and dry them in a Napkin.

Rub the Inside of a Silver Dish with Butter, or in Want of a Silver Dish, any Tart-Pan will serve. Shred an Onion very fine, chop some Parsley small, cut some Chives in long Pieces, and strip the Leaves of some Savoury Herbs; mix all these together, then strew over them some Pepper and Salt, grate in a quarter of a Nutmeg, and add two Cloves bruised. Strew this Seasoning all over the Inside of the Pan upon the Butter.

Save a Part of this Seasoning, and lay in the Tench; and strew the saved Seasoning over the Fish. Then melt some Butter very thick and fine, and rub some Bread to very small Crumbs; sprinkle the Tench with the Butter, and drudge the Crumbs well over it; and then send it to the Oven.

While the Tench are baking, prepare the Sauce for them in the following Manner: Shred small some Parsley, some Chives, and half a Dozen Mushrooms fresh gathered; set on a Saucepan with a little Butter, and when it is melted put in these Ingredients: Season

son it with Pepper and Salt, pour in a little boiling Water, and leave it to scimmer over a gentle Fire.

Add to this at last some rich Veal Gravy, and when the whole is hot and ready, and the Tench are come home from the Oven, warm a Dish, pour in this Sauce, and then lay the Fish in: Serve them up hot, and they will both look and eat very well.

2. *To bake a Fowl with Oysters.*

Chuse a large fine Fowl, let it be picked, drawn, and trussed, as for boiling: Stew a Pint of Oysters with some Blades of Mace, a little Pepper and Salt, and a Glass of white Wine; pour these into the Fowl, tie up the Ends, and lay it in a Dish buttered on the Inside, lay over it some Pieces of thin fat Bacon, and pour in a little Gravy; send it to the Oven, and when it comes in serve it with a rich Gravy Sauce.

C H A P. VI.

Of Sauces.

A R T. I. *Italian Ramolade.*

THIS is a cold Sauce made without any heating, and is very fashionable in Italy, for Fish which are to be eat cold, or any other cold Dish; it is to be made thus: Squeeze into a China Bason a large Lemon, and a third Part of a China Orange of the same Size; add to this a small Quantity of Basket Salt, a little Pepper, and as much Oil as there is of the other Liquor together.

Shred a good deal of Parsley very fine, wash and bone a couple of Anchovies, and shred some Chives; mix all these together, and put them into the Liquor; then cut very small two Spoonfuls of Capers, put them in, and when all is well stirred about, and of a moderate Thickness, send it up to Table.

We want a cold Sauce of this Kind oftener than People in general are aware, and this is an exceeding good one for a Multitude of Occasions.

In Summer a cold Fowl, a cold Turkey, or a cold Piece of Lamb, are very agreeable to those who love plain light Suppers; but they are too dry with Salt alone, and our English Cookery does not afford any Method of eating them otherwise without heating them up, by which they lose a great deal of their Sweetness. This Sauce is not too sharp, for the Oil softens the Vinegar, and it is very finely relished with a mixed Flavour by the other Ingredients.

2. *Rich Sorrel Sauce.*

Gather a good Quantity of fine fresh and large Leaves of Sorrel, pick them clean from the Stalks into a Dish, set on a good Quantity of Water, and when it boils, throw in the Sorrel; stir it about, and let it scald, then take it off. Strain away the Water, and squeeze the Sorrel in the Manner of Spinage.

When the Water is all got out, put it into a Saucepan, and pour to it some Veal Gravy, and if it be at Hand, add some Essence of Gammon of Bacon, as we have before directed it to be made; put in some Pepper and Salt, and a little bruised Mace, scimmer it well together, and when it is done, pour it into the Dish, and lay in the Fowl, Meat, or whatsoever it is you use it for.

This is a rich Sauce, but it is proper in all Cases, when the common Sorrel Sauce is required; and it eats well with almost any Thing roasted.

3. *Rich Celeri Sauce.*

Set on some Meat in a large Saucepan, and put in a Piece of Butter, and a little Flour, let this heat, stirring it now and then together.

While it is heating, clean and wash some Celeri, cut it into small Pieces, and throw it into the Water; when it is boiling, let it boil till it is tender; then
pour

pour it into a Seive, and set it to drain, it will be very soft, well tasted, and beautifully coloured.

Set on a Saucepan with some good Gravy, when it is hot put in the Celeri: Add some Pepper and Salt, some grated Nutmeg, and a little Mace bruised, let it scimmer for some Time over the Fire, then put in a Piece of Butter rolled in Flour, and a Spoonful of Vinegar; when it is all well mixed, serve it up with the proper Dishes. 'Tis excellent with a roast Fowl, Turkey, or Duckling.

4. *Onion Sauce with Gravy.*

Peel two Dozen of Onions, taking off a great many of the outer Skins, set them over the Fire in a Saucepan with a good deal of Water, boil them till they are thoroughly soft, but not mashed, then pour them into a Sieve to drain.

Set on a Saucepan with some good rich Gravy, season it high, and while it heats chop the Onions to Pieces, then put them into the Gravy, and let them stand scimmering some Time, that they may thoroughly mix with the Gravy, and perfectly receive its Flavour; then thicken it with a Piece of Butter rolled in Flour, and add a very little Mustard, and half a Spoonful of Vinegar: Serve it up hot with roast Meat, Fowl, or Rabbits.

5. *Lettuce Sauce.*

Pick half a Dozen Imperial Lettuces, throw them into a Pan of cold Pump Water, and set on a Saucepan with a good Quantity of common Water, with a Piece of Butter, and a little Flour; when this is hot and white, throw in the Lettuces, and let it once boil up with them.

Melt some Butter in a large Saucepan, pour to it some Eel Broth, and put in some Flour, and a Blade of Mace, a little Pepper and some Salt: Let this be heating while the Lettuce is boiling. When it has boiled some little Time, pour it off into a Sieve, and as soon as drained, put it into the Saucepan with the
Sauce,

Sauce, first chopping it a little to make it lie the closer; heat all well together, and pour it into the Dish with boiled Fish of any Kind.

This is the Method of making Lettuce Sauce for Lent; but on other Occasions, it may be done with Gravy in the Manner of the others.

The French cook up these Sauces into a Kind of Raggoos, by their serving them up with some of their Culliffes; but they make but very slight Dishes that Way; it is much better to use them in this plain Way off Sauces.

Our English Sauces in general are too plain and gross. These which we have here mentioned are what our People admire so greatly in France and Italy, and in the Houses of Foreigners here; the Charge of them is little or nothing, and they will give a great Grace to the plainest Dishes of the solid Kind.

C H A P. VII.

Of Soups.

A R T. I. *Cucumber Soup.*

THIS is a cheap Soup very universal among the the poor People of France, but very worthy to appear at better Tables.

Clean and wash a Dozen Cabbage Lettuces, pare a Dozen Cucumbers, and take out the Cores: Cut the Lettuces and Cucumbers to Pieces, and scald them in Water, with a Piece of Butter and a little Flour in it.

Set on another Saucepan with some good strong Broth; when the Greens are tender, pour them into a Sieve, and when they are drained well, chop them lightly to Pieces, and stir them into the Broth, and set them on to scimmer: Pour the Water of the Lettuce and Cucumber back into the Saucepan, and boil in it an ordinary Fowl till it is tender, while the
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other is scimmering; and when it is near done, put into it a Pint of Green Pease.

Take out the Fowl, lay it handsomely upon the Dish, put some Sippets of Bread round, and then pour in the Soup, Herbs and Pease together, after seasoning it to the Palate. Garnish with Cucumber and Lettuce,

2. *Green Pease Soup.*

Cut a small Piece of Bacon, Fat and Lean together, and lay it in a Soup Plate in some Vinegar, with a couple of bruised Cloves, a Blade of Mace, and some Pepper-Corns; turn it from Time to Time, and let it lie two Hours. A very small Piece of Bacon thus prepared will season a vast Quantity of Soup.

When the Bacon is ready, chop to Pieces a small Knuckle of Veal, put it into a large Saucepan, and pour on it a Gallon and Half of Water.

Let it boil up, then put in the Bacon; but not the Vinegar it was steeped in. At the same Time put in a Bundle of Sweet Herbs, a Handful of Parsley, and the same of Mint, half a Spoonful of whole Pepper, and the upper Crust of a Three-penny Loaf, or a like Quantity of any other upper Crust toasted brown and hard, but not burnt.

Cover this up, and set it on to boil; let it stand over the Fire till half the Liquor is wasted; then strain it off, and put into it in another Saucepan a Pint of Green Pease, a couple Imperial Lettuces minced, and a Head of Celeri cut down into thin Slices. Cover this up, and let it stand two Hours over a gentle Fire.

While this is scimmering, boil a Pint of old Pease in a Saucepan of Water till they are perfectly tender, then pour them out into a Sieve, force the Pulp thro', and put this to the Soup in the other Saucepan: Let all boil well together to mix thoroughly.

When the whole is done, set a deep Soup Dish to heat, and fry a French Roll quite brown; lay this in
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the Middle of the Dish, and then pour the Soup all about it.

There should be about two Quarts of the Soup when it is finished.

A few Asparagus Tops cut short are a very agreeable Addition to this Soup, and give it a Look of Richness.

3. *Portable Soup.*

This is a Receipt that may be of some Value to those who have this kind of Soup; or who should chuse to deal in it, for a great deal of Money is got by what is sold under this Name. Whether the Receipt here given be exactly the same in all Respects with that which is used by those who make a Trade of Portable Soup, we cannot say, for the Thing may be done various Ways. This we can assure the Reader, as will be found by Experience, that a very fine Soup of a proper Consistence may be made thus, and that it will keep and bear Carriage, and be always ready for Use, and wholesome and pleasant.

Take a couple of the largest and finest Legs of Beef that can be bought, clean them well, first pick away the Skin and Fat, and throw it aside, then get all the Meat and all the Sinews as clean as possible from the Bones.

Put this Meat into a small Copper, and pour to it three Pails of soft Water; add a large Veiny Piece of Beef beat tender; make a gentle Fire under the Copper, that the whole may heat gradually, and at length boil.

When it has once or twice boiled up, skim it; and then put in a Dozen Anchovies, washed, split, and chopped into two or three Pieces. Add an Ounce of Mace shred small, but not bruised, an Ounce of whole Pepper, and a Quarter of an Ounce of Cloves whole.

Let these boil up together; then peel half a Dozen large Onions, and cut them crosswise in two; put these in, and add a Bundle of Thyme, a Bundle of Sweet

Sweet Herbs, and the dry Crust of a Three-penny Loaf, cover this up close and keep a moderate Fire under it, and laying on a Weight to keep the Cover firm, let it boil for nine Hours.

Then open it, and with a wooden Ladle or a strong clean Stick, stir and work all very well together.

Cover it up again and make it boil gently.

When it has been boiling an Hour open the Copper, take out a little of the Liquor and let it cool, observe whether it come to a thick strong Jelly, if it do, it is enough; but if the Jelly when thoroughly cold be poor and thin, it is not enough, and must boil longer.

When it is boiled enough; that is when the Jelly is thick and fine, take all up, pour the Liquor thro' a thick Hair Bag, and put the Remainder in the Bag into a strong Press, press it very hard, and get out every Drop that will come.

Then mix this pressing with the strained Liquor, and stir all well together; pour it thro' a Hair Sieve into an earthen Pan, and set it by to cool.

The next Morning examine it, and it will be found a Mass of vastly strong Jelly, with some Fat and Foulness at the Top, and some coarse Settlings at the Bottom. Take off the Fat at Top, and cut away the thick Bottom, leaving only the clear Body of the Jelly.

Put this fine thick Jelly into a Stewpan well tinned, set it over a Stove and stir it carefully, that it do not stick to the Sides or Bottom of the Pan. When it has stood some Time over the Fire, and is perfectly well boiled up, get a Number of large deep Cups, or small earthen Pans ready, and pour out the whole into them, not filling them up, but only covering the Bottom an Inch deep, or more or less according to the Shape of the Cup or Pan.

Set on a Stewpan of Water, about a third Part of the Depth full; and in this set the Pans and Cups of

Jelly, taking Care that the Water does not reach up within two Fingers Breadth of the Tops of the Cups, that no Drop of it may possibly get in.

Boil this gently, but be careful that none gets near the Rims of the Cups or Pans.

This is the only Way of bringing the Jelly to the designed Thickness: It was before boiled up as high as it could be over a naked Fire without burning; but that was not enough, and in this Method, which is the same the Chemists call the *Balneum Mariæ*, and is fit for all delicate Operations; the whole will be reduced to the Thickness of a stiff Glue while it is hot, and it is then sure to be of a due Firmness when cold.

When the Jelly in the Cups and Pans is of this proper Thickness, take the Cups and Pans out of the Water, and set them to cool.

While this is cooling in the Cups, stretch a Piece of clean Flannel over the Top of a great Hair Sieve, wipe it carefully, and then turn out the hard stiff Jelly upon it, and let it lie on it eight Hours in a dry airy Place; after this spread a Piece of Flannel upon a Table, and turn the Jelly, and lay it upon that; let it lie as long upon this as on the former, and in the same Manner shift and turn it till it is perfectly dry and hardened.

It will now resemble a thick and hard Glue, and will keep a long Time; but 'tis best to be careful in preserving it dry.

The most proper Method is to put it up in Stone Pots first wiped perfectly dry, and to set them in a dry Place.

This is Portable Soup, it may be cast into Cakes of any Size, Shape, or Thickness, and may be carried to Sea, or in the Pocket upon the Road. Such as is intended for long Carriage is best made in thin Cakes, and should be the more carefully dry the more Accidents it may be exposed to; it may then be put up in Balls.

This Kind we have described is the strongest, and hardest that can be made; but Beef is not the only Meat of which it may be composed: A Soup of the same Kind and Consistence may be made of Mutton, Veal, or even Fowls, with the Addition of Isinglass. The Jelly will retain all the Richness and Strength of the Ingredients, and will get a due Degree of Firmness from the Isinglass, but it is preferable when made of Beef alone: The Sinews boiling down to a tough Jelly, and supplying the Place of such Addition; this is the more natural, and proper; Isinglass mixes very well with the others, and has but little Taste, but what it has is fishy, which is not so natural or so proper.

The Uses of Portable Soup are numerous, and it is on many Occasions very convenient.

Whenever it is to be used, it is to be melted in some boiling Liquor, and nothing does this so readily as plain Water. When a Mess of Broth is intended to be made of it alone, pour some boiling Water upon a Cake of it, strew in a little Salt, and stir it about in a Bason or Punch-Bowl, till it is thoroughly melted. In general half an Ounce will do very well for a Pint of Water, but this is only speaking in general Terms, for it may be made stronger or weaker according to Fancy.

This Way it makes alone very fine and rich Broth.

If a plain Soup be required, let a French Roll be fried crisp, and stir about the Cake in the Water; when dissolved, let it once boil up, and laying the Roll in the Middle of the Dish, pour in the Soup.

This is the plain Way, but any kind of Soup may be made with it at Pleasure, for it serves as Gravy, and any Thing stewed or boiled may be mixed in with it.

An Ounce of this melted in a Quart of Water is just the same that a Quart of the Gravy was before it was so boiled away; and the Cook will remember

we have informed her in what Manner to make the several Kinds of Soups with this Kind of Gravy.

4. *White Pea Soup with Gravy.*

Boil a Leg of Pork in the usual Way, and save the Liquor: The next Day boil a Leg of Mutton, and save this Liquor also; mix them together, and when they have stood to be thoroughly cold, take off the Fat; set this over the Fire with two Quarts of White Pease, and add a Bunch of dried Mint; let the whole boil till the Pease are perfectly tender, and the whole is of a proper Thickness.

Then cut some Bacon that is Fat and Lean together in Dice, or small square Pieces; cut some Bread in the same Manner into Dice, and fry them together till they are brown and crisp; pour this into the Soup, and at the same Time add a Quart of fresh Beef Gravy, let all be made thoroughly hot together, and then pour it into a Dish, rub some dry Mint over it, and send it up hot.

C H A P. VIII.

Of Made Dishes.

A R T. I. *Bain Marie.*

THIS is a Dish made by stewing in that elegant Way we have just named for finishing the Portable Soup, the boiling in Water, so that the direct dry Heat of the Fire never comes at it. This Dish is named from the Manner of Dressing; we observed that the Chemists use this Way of boiling in rice Operations, they call it *Balneum Mariæ*; and this *Bain Marie* is only a Translation of that Expression.

Cut three Pound of lean Beef into Slices, cut in the same Manner three Pound of Veal, and one Pound of Mutton, take off all the Fat.

Skin

Skin a good large Fowl, and fill the Body with Rice, and you may, if you happen to have it, add a Partridge: The Dish will be very good without, but that will give it a Flavour very agreeable.

Scald a large earthen Pan that will hold all this Meat, stick an Onion full of Cloves, and season the Meat with a little Salt, and then put all into the Pan; pour to it two Quarts of Water, and put on the Lid of the Pan, fasten it down with Paste, and tie it over with Paper.

Set on a Kettle of Water, and put into it this Pan, taking Care that the Water do not come so near the Edge as to get over it when it boils.

Set on a large Tea Kettle of Water to be hot, ready to fill up the Kettle to a proper Height as it boils away.

In this Manner let it be kept boiling five Hours, then take up the Pan, open it, and you will find it full of an exceeding rich Broth or Gravy; strain this through a Napkin, and let it stand a little that the Fat may rise and be taken off, then scimmer it with some Crufts of Bread, and serve it up in a Soup Dish. There is no Soup whatsoever that equals this in Cleanness of Taste.

2. *Breast of Veal in Galantine.*

Make a Seasoning with Parsley, Thyme, Sweet Marjoram, Winter Savoury, and Marygolds, sliced all very fine together and sprinkled with Pepper, Salt, and grated Nutmeg.

When a good Quantity of this is ready take out the Bones of a Breast of Veal, beat it quite flat, and season it all over with this Mixture.

Roll it up as tight and hard as possible into a round Lump, and tie it up in a Napkin.

Put it into a small Porridge-pot with some good Broth, and throw in a Bunch of sweet Herbs; let it boil two Hours, and then when the Liquor is well wasted put in a Pint of Mountain, and some Mace bruised,

bruised, boil it up once or twice, then set it off, and let it cool in the Liquor.

When it is entirely cold take it out, take off the Napkin, and set by the Veal.

Some send it up whole, garnished with Parsley; but the better Way is to cut it out in Slices, and send half a Dozen of them up on a Napkin spread over a China Plate, garnishing with Parsley, and for such as like Sauce the Ramolade before mentioned will be very proper; but this is one of those Things that carries its own Sauce with it, for it is highly and finely relished with the Ingredients and the Wine.

3. *Portugal Beef.*

Chuse a fine Rump of Beef, cut out the Bone as well as may be, and divide it into two Pieces; the small End cut across in several Places, and flour it well, then fry it brown in Butter.

The large End is to be stuffed in the following Manner:

Boil two Dozen of Chesnuts till they are soft, cut very fine a Quarter of a Pound of Beef Suet, cut a large Onion very fine, and wash and bone a large right Anchovy, hash this very small, and then mix all these Ingredients together; sprinkle over them a little Pepper and Salt, and stuff the thick End of the Beef well with the Mixture.

Put this and the fried both in a Pan of strong Broth, and let them boil gently four Hours; when they are very tender take them out.

Warm a large Soup Dish, lay the large Piece in the Middle, and cut the other into Bits of a proper Size to lay round it.

Strain off the Broth, which will be now very rich, pour this into the Dish, and put in half a Dozen chopped Gherkins, and a Spoonful of Capers chopped also very fine. Send it up hot, garnished with quartered Gherkins and large Capers whole.

Some fry the thin Part of the Beef enough, and do not stew it at all; but this, though it gives a Variety in the Look of the Dish, makes it coarse, the fried Part being nothing but a fried Beef Steak, which is but a coarse Thing; in this Way of stewing both the Liquor is browner for the fried, and the whole has a better Relish.

It is no very expensive Dish, and it is single and exceeding pleasant.

4. *Stewed Neats Tongues.*

Chuse a Couple of Neats Tongues of a moderate Size, clean them, and set them on in a small Pot with as much Water as will just cover them well; set them over a slow Fire to scimmer, and let them stand so two Hours; then take them off, and let them cool a little, take them out of the Water, peel them, and put them into a smaller Pot, pour over them as much Beef Gravy as will just cover them, and let them stew some Time over a gentle Fire; then put in a Bundle of sweet Herbs, half a Spoonful of whole Pepper, one Blade of Mace whole, and a little Salt; let these stew together half an Hour longer, then put in a Pint of strong white Wine; white Port is best, otherwise Madeira or Mountain.

After these have again scimmered some Time put in a Spoonful of chopped Capers, some boiled Turnips and Carrots cut into thin Slices, and a Piece of Butter rolled in Flour; let it all stew longer, and then take out the Tongues, lay them carefully in a Soup Dish, and pour all the Liquor over them; take out the Herbs, and with a Spoon skim off the Pepper and Spices, put some Sippets toasted, and send it up.

It is a Custom with some to boil the Spices in a Muslin Rag tied up; but in this Case they do not give their Virtue so well as loose, and there is no great Trouble in skimming them off before it is sent to Table, nor any Harm in a Piece by Accident being left behind.

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I have heard many declare a Dislike to stewed Tongues, and have perceived it was owing to an Article among the Spices: Most put in Cloves, and these have an over-bearing and very disagreeable Taste: I have for that Reason omitted them entirely in this Receipt; and I can assure the Reader that many have eat it in my House, and have been pleased to praise it, who were Judges of fine eating.

However, those who chuse it may put in a Clove or two, but it should not be more than a Couple to the two Tongues, lest they have this over-bearing Heat.

5. *Mutton Venison.*

When a Sheep is killed let all the Blood be saved, and when the Carcase is cut up let there be a Leg cut Venison Fashion; put this into the Blood, and let it lie soaking in it till thoroughly moistened and impregnated with it in every Part; then take it out.

Wrap it up in four or five Sheets of Paper, and roast it.

Let the Paper be well buttered on the Inside, and tied on to keep it fast, and let the Meat be carefully basted all the Time it is doing with fresh Butter.

Two Hours will do it well, and about five Minutes before it is to be taken up let the Paper be taken off, and let it be basted naked with a Piece of Butter, and then drudged with Flour to give it a good brown Froth.

When it is done send it up laid like a Haunch of Venison, and without any Garnish.

Send up with it two Sauce-boats, one of the richest drawn Gravy that can be made, and the other of sweet Sauce.

6. *A Shoulder of Mutton with a Raggoe of Turnips.*

Chuse a fine middle-sized Shoulder of Mutton, and set it in Readiness.

Cut

Cut into fine Shreds a Veal Sweetbread, cut in the same Manner a Quarter of a Pound of Cocks Combs, and half an Ounce of Truffles; bruise two Blades of Mace and put to the rest, add a little Pepper and Salt, and then put the whole into a Saucepan with a Quarter of a Pint of good Gravy.

Let them stew together till they are done pretty well, then thicken it up with a Couple of Yolks of Eggs, and when it is thus finished pour it out into a Bason to cool.

While this is cooling open the fleshy Part of the Shoulder of Mutton with a Knife, and take out the Blade Bone, and into the Hollow that is made by it put the Raggoo, when it is cold sew up the Slit, and set it ready.

Cover the Bottom of a deep Stewpan with thin Slices of Veal and Slices of Bacon, put to these some Pepper and Salt, a Blade or two of Mace, a Couple of Cloves, a Bundle of sweet Herbs, and an Onion; pour in a little thin Gravy just to wet the Ingredients, and set the Pan over the Fire: When it is hot put in the Shoulder of Mutton, pour a little more Gravy over it, and then cover the Pan; let it stand stewing in a scimmering Heat two Hours, and after that boil up a little.

While this is doing pare some small fine Turnips, set them on in a Saucepan of clean Water, and boil them till they are tender, then pour them into a Sieve to drain, and let them stand over the Water to keep hot.

Take up the Mutton first, lay it in the Dish, and cover it up to keep hot.

Strain off the Gravy that it was stewed in, and skim off all the Fat; then put to it a Glass of red Wine, two Spoonfuls of Catchup, and a Piece of Butter rolled in Flour; stir this together, and when the Butter is melted, and all is well mixed, pour in the Turnips; let it scimmer together to keep all of the

same Heat, then uncover the Mutton, pour this Rag-goo over it, and send it up hot.

7. *Veal Rolls.*

Make some common Force-meat, as we have directed in the preceding Part of this Work; when this is ready cut half a Dozen thin Slices of Veal, lay some of the Force-meat upon each of the Slices of Veal, and roll them carefully up, rolling in the Force-meat, tie them round the Middle with a coarse Thread.

When they are thus prepared put them upon a Bird Spit, and rub them over when they are spitted with Yolks of Eggs.

Flour them, and lay them to the Fire, and as they roast baste them with a Piece of Butter.

Half an Hour at a moderate Fire is about the Time they take doing, then serve them up with good Gravy, garnished with Lemon.

If some Truffles be stewed in the Gravy it adds to the Flavour.

8. *A Dish of Chitterlings.*

Cut a Calf's Nut into long Slices of the Thickness of a Finger.

Cut some of the lean Part of a Ham in the same Manner; cut also some Bacon of the finest fat Part, and some White of Chicken. All this being ready set on a Stewpan, and put the whole in together, seasoning it with Pepper and Salt, some Leaves of Thyme and Winter Savoury, and some Mace bruised.

This being all prepared take the Guts, cut them into proper Lengths, see they be perfectly cleaned, and fill them with this Stuffing, not cutting the Slices at all, but putting them in whole, some of one and some of another into each Piece of the Gut.

Set the Chitterlings thus stuffed on a Dish in Readiness, and cover the Bottom of a Stewpan with Slices of Veal and thin Slices of Bacon. Set this on, and
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when it has just been heated put in the Chitterlings ; lay them evenly in the Pan, and lay in with them an Onion cut in Slices, strew over them some Pepper, Salt, and bruised Mace, and then lay over all some more Slices of Bacon and Veal.

Pour in a Pint of strong white Wine, and then cover up the Pan close, fastening down the Edges with Paste.

Set it on a Stove, and put some Fire over as well as under it, and thus let it be stewing softly till it is well done.

Then open the Pan, and lay the Chitterlings in a Dish. Put on a Gridiron, butter a Sheet of Paper, and lay it on the Gridiron, the buttered Side upwards ; lay the Chitterlings on this, and broil them, turning them frequently, then send them up.

We have given the Receipt for this, because it is a Dish many polite Tables are very fond of ; but there is something ridiculous in the Nature of it, to be at so great Expence to dress one of the triflingest Things that can come into a Kitchen, and that when all is done is the least Part of the Dish itself.

9. *Bisque of Fish.*

Chuse a large male Carp for this Purpose, gut it, scale it, and get the Flesh as clean as can be from the Bones.

Blanch some fresh Mushrooms ; hash the Flesh of the Carp and some of the Mushrooms together, and put them into a Stewpan with some Butter, Salt, Pepper, sweet Herbs, and a little Fish Broth.

Let this stew till it is enough.

Then get out the Flesh of the Tails and Claws of half a Dozen Cray-fish, mince this small, and mix with it the Liver of a Pike, if in Readiness, and the Melt of the Carp ; set this on in another Stewpan with some Gravy, and season it with Spices. When this is ready set it also off.

Warm a China Dish, and lay in it some Crusts of Bread that have been dried in an Oven, soaked first in Fish Broth.

When all is thus ready pour in the whole from the first Stewpan, which should be nearly of the Thickness of Cream, and garnish it with the other.

This is a very rich, and is accounted a very elegant Dish.

10. *Larks raggoed.*

Draw a Dozen Larks, and having prepared them for the dressing toss them up in melted Bacon, with some Truffles, some Mushrooms, and the Liver of a large Fowl, adding some Spices, and an Onion with about five Cloves stuck in it; drudge it with a little Flour, and moisten it with rich Veal Gravy.

Let it stand over the Fire till properly wasted, then add to it an Egg beat up in Cream, and a Spoonful of chopped Parsley beat up among it.

When this is poured into the Stewpan let it have a Turn or two over the Stove to thicken it, and then take off the Fat, squeeze in the Juice of half a Lemon, and serve it up.

There is no Way of eating Larks that is at all comparable to this.

11. *Livers with Mushrooms.*

Take the Livers of eight fine Fowls, clean away the Galls, and then lay them ready.

Cover the Bottom of a small Tart Pan with Slices of Bacon, lay the Livers upon them, season them with some Pepper, Salt, and bruised Mace, cover them with more Slices of Bacon, and then send them to a Pastrycook's Oven, or bake them at home.

Great Care must be taken that they do not dry or parch.

Clean and wash some fresh Mushrooms, lay them to dry over the Stove, and then lay them in a Dish, with a little Bacon and a very small Quantity of Vinegar.

Toss

Toss up some Slices of Ham, with a Bunch of sweet Herbs and a little Flour, in melted Bacon, and add to this some Veal Gravy without Salt.

When this is ready put in the Livers and the Mushrooms, boil all well together, and when it is perfectly mixed and done enough take off the Fat, pour it into a Soup Dish, and send it up.

C H A P. IX.

Of Side and Small Dishes.

A R T. I. *Refolis of Marrow.*

BOIL three or four Eggs hard, and separate the Yolks; lay these in Readiness.

Pare three or four sound and good Apples, take out the Cores, and mince them very small.

Mince some very fine Marrow, and mix together an equal Quantity of that and of the minced Apples.

Then mince as much Yolk of Egg as about half the Quantity of the Marrow. Mix all these together.

Pare a fine Lemon, and mince about a Tea Spoonful of the Ends, grate some Nutmeg upon this, then add some Pepper and Salt, dust over it a little fine powdered Sugar from a Sugar-Caster, and stir all well about.

Pour into a Bason some thick and fine Cream, mix these Ingredients with it, and then mix in the Marrow and other Things among them, and set it ready.

Make some Paste in the following Manner:

Beat up two raw Eggs with two Spoonfuls of Milk, throw in a little Salt, and two Tea Spoonfuls of the finest powdered Sugar, and when all these are mixed put in Flour by Degrees till there is enough in to work up for Paste.

When

When this is made roll it thinner than for Tarts, then cut it into square Pieces of the Bigness of Cards, and lay upon each of them a Lump of the mixed Ingredients as large as will conveniently lie upon them to be covered in ; a small Spoonful is about the proper Quantity for each.

Turn over the thin Crust upon the Ingredients, and make the Edges fast in Shape of a little Pasty or a Half Moon, close it very well, otherwise it will be liable to open in the Dressing, and finish the Rosolis by cutting off the Edges of the Paste with a Jagg or Runner.

Set on a Stewpan with some Water, when it boils carefully put in the Rosolis one by one, set it over a Stove, and keep it just boiling, and no more, that the Crust may not break : About a Quarter of an Hour will do them.

Some chuse the Rosolis fried, and in that Case it is to be done in Butter clarified, in the Manner of Fritters.

They are as well one Way as another, and therefore the judicious Housekeeper will consider the Rest of her Table, and chuse either Method accordingly.

2. *Rosolis of Spinach.*

This is best made of the tender young Spinach that is raised from Seed the same Spring, and has not stood to be hardened in the Stalk.

Boil some of this in the common Way, and take a Lump of it of the Bigness of two Eggs, squeeze the Water very clean from it, and then chop it exceeding fine.

Put to it a Table Spoonful of Sugar, a Piece of Butter as big as a small Wallnut, and two Spoonfuls of Cream.

Stir and mix these very perfectly together in a Bowl.

Mince very fine an Ounce of candied Citron Peel, and the Yolks of two Eggs boiled very hard ; add to
this

this a Tea Spoonful of Salt, half a Tea Spoonful of powdered Cinnamon, and a little grated Nutmeg.

Mix the other Ingredients with these, put them into a small Saucepan, set them over a Stove, and let them heat gently : When they have been well heated set them off to cool, and make a Paste of Eggs, with Salt, Sugar, and Flour, as directed for the Marrow Rosolis, and cutting it out into Pieces of the Bigness of your Hand, make Turnovers of them, with a large Spoonful of the Ingredients in each.

These are to be boiled in Water, and sent up plain. Some grate Bread and a little Cheese over them, but this is an odd Fancy. Or they may be fried in clarified Butter, in the Manner of Fritters, and then there must be a little fine Sugar dusted over them; either Way they are a cheap elegant Dish.

3. *Spinach and Eggs the French Way.*

Chuse fine young Spinach, pick and wash it very clean, and then blanch it a Quarter of an Hour in boiling Water.

Drain away the Water in a Sieve, squeeze the Spinach to get it well dry, and then chop it very fine.

A Quantity of this squeez'd Spinach as big as one's Fist is enough for a pretty small Dish.

When it is very fine chopped mix it with half a Pint of Cream, and then pour in a Quarter of a Pound of melted Butter; put to this some Pepper and Salt, and a little grated Nutmeg; set this over the Fire to stew.

While it is doing cut a French Roll into Pieces of the Bigness of a Finger, and fry them brown.

Poach four Eggs, and then all is ready.

Pour the stewed Spinach into a small Dish, stick up the fried Bread in it, and lay the poached Eggs at the Top; so serve it up hot.

4. *Roman Asparagus.*

This is a new Dish restored from a very antient one, and, though a great Favourite at the most elegant

gant Tables, has never yet been made publick; we therefore hope it will recommend the present Number of our Work to the Readers particular Notice.

Chuse some very fine young Asparagus, clean it perfectly well, wash it in several Waters, and then cut off the Tops two Inches and a half long, throwing away the rest.

Let a large Pan of Water stand by with a little Salt in it, and let it be Pump Water, the hardest and coldest that can be got.

As the Ends of the Asparagus are cut off let them be thrown directly into this, and when they are all in let them be stirred about.

Then let there be more of the same Water drawn, put it in another Pan, and put to it an Ounce of Salt and a Pint of Vinegar; this Quantity is sufficient for a Gallon of Water.

As soon as these are mixed pour off the other Water, and put the Asparagus into this, stir them once about, and after five Minutes lay them on a Sieve to drain: This hardens them, keeps in their Juices, and preserves their Colour.

Set on a Stewpan with some soft Water, throw in a very little Flour, and stir it about till it is mixed and the Water looks whitish; when it is scalding hot throw in the Asparagus, and make it boil quickly, but it must not boil up violently; after a few Minutes strain away the Water.

The Asparagus will thus be softened, and of a delicate Colour, whitish on the rising Part, and green within.

While these are draining set on a Stewpan with some rich Gravy; when it is as warm as the Asparagus put that carefully in.

Set it over a Stove not covered, and let it stew gently till the Asparagus is just tender enough for eating.

When it is near done put in some Pepper, a small Quantity of powdered Coriander Seeds, some Leaves
of

of Wild Marjoram, and some Leaves of Costmary, chopped as fine as possible; let these do a few Minutes.

Then heat a Soup Dish. Set on half a Pint of white Wine for a moderate Dish; set it on the Fire in a Saucepan by itself, and put to it a little Sugar, and a Stick of Cinnamon; make it very hot, but not boiling, then take out the Stick of Cinnamon, lay some Sippets of toasted Bread round the Dish, and then pour in the Wine; upon this pour carefully all that is in the Stewpan, having first thickened it up with a Piece of Butter rolled in Flour, and thus send it up hot to Table, garnished with fresh-picked Leaves of Wild Marjoram and Borage Flowers.

This is the famous modern Dish in France. It is properly enough called Roman Asparagus, for it is a Piece of the old Roman Cookery, and it is very much to the Credit of the Inventors of it.

Asparagus is no Way so fine, nor is there any great Expence; and there is another Article worthy Consideration, which is, that it is more wholesome this Way than any other; the Ingredients they added being suited to correct the Crudity of the Asparagus.

We see they understood all the real Art of Cookery as well as the modern French, for there is nothing in their Made Dishes of this Kind the Rudiments of which are not laid down here; we see only this Difference, that they used some very good Ingredients neglected at this Time, but very worthy to be brought into Use again.

Coriander Seed, in a small Quantity, is a very agreeable Ingredient, and not one of all our Pot-Herbs is equal either in Flavour or Virtue to the Wild Marjoram: It is of the Pot Marjoram Kind, but warmer and more aromatick. It is a wild Herb under our Hedges, and is to be had always in Summer at the Physick Shops in Covent-Garden.

5. *Stewed Barble.*

Chuse Barble of a good Size, scale them, gut them, and wash them in Vinegar and Salt, and afterwards in Water.

Put them into a Stewpan with Eel Broth, just enough to cover them, then set them over a slow Fire to scimmer: When they have been some Time doing add to them two Sticks of Cinnamon broken, four Cloves, a Bunch of sweet Herbs, and a Pint of white Wine; throw in some Corns of whole Pepper, and a Piece of Butter rolled in Flour.

Let them continue on the Fire till the Fish are done, and the Sauce is thickened; then take them carefully up, lay them in a Dish, and put the Gravy to them.

The French add a Raggoo of Truffles and Mushrooms, but the Fish eat extremely well in this Manner.

6. *Eggs a la Tripe.*

Boil half a Dozen new-laid Eggs hard, take off the Shells, and cut the Eggs in Slices lengthwise, the Whites and Yolks together.

Melt some Butter in a Saucepan over a Stove, and in the mean Time shred some Parsley very fine.

When the Butter is melted put in the Eggs, toss them up carefully, then put in the Parsley, and some Pepper and Salt; this done, add when all is well mixed half a Pint of Cream, and having given it one more heating, warm a small Dish and serve it up hot, garnished with Pieces of Egg.

7. *Sour Eggs.*

Break half a Dozen Eggs into a Punch-bowl, and beat them up well with five Table Spoonfuls of Verjuice.

Season this with Salt, and grate in a third Part of a Nutmeg; then set it all over the Fire in a small Saucepan with a little Butter.

Stir

Stir them one Way, and when the whole is thoroughly heated, and is well mixed, and of the Thickness of Cream, serve it up in a small Dish, with Sippets and Quarters of Lemon.

8. *Eggs in Gravy.*

Put into a Saucepan three Quarters of a Pint of the richest Veal Gravy, and if you have any Cullis of Veal and Ham mix with it about three Table Spoonfuls; if not, it must be thickened up with a Piece of Butter rolled in Flour.

Break eight or ten Eggs, separate the Yolks, and beat them up with some Pepper and Salt, and a Glass of white Wine; mix this with the Gravy, and set it over a Stove, heat it gently, and stir it all one Way continually, that it may be perfectly well mixed.

When it is done enough grate in some Nutmeg, and serve it up.

9. *Eggs in Cream.*

Blanch a Quarter of a Pound of Sweet Almonds and eighty bitter ones; put these together into a Marble Mortar, beat them to a Paste with a little Sugar, and by Degrees get in a little Milk among them.

In this Manner beat them very well.

Then put to them a Pint of the richest Cream, and the Yolks of eight new-laid Eggs beat well together; add half a Tea Spoonful of Cinnamon finely powdered, and squeeze in a little of the fine Zest of some fresh Lemon Peel.

When all is mixed strain it through a Sieve again and again, at least four Times, to keep it well united, and to separate any Kind of Lumps or Foulness.

Set a Silver Dish over some hot Embers, put a Tart-pan Cover over it, and throw some hot Coals carefully upon that, taking great Care that nothing get in; let it continue in this Heat till it is done enough, and then set it by to cool.

There are some who eat it hot, but that is not the Intent of it: It should be sent up cold in small Dishes.

10. *Stewed Plaife.*

Chuse a Brace of fine moderately large Plaife, and clean and wash them very well; then cut off the Heads and Tails and Fins, and put them into a small Stewpan; put in with them some Morels, Truffles, Mushrooms, Sweet Herbs and Parsley. Pour to these as much white Wine as will just cover the Plaife, and add a little Pepper, and a Piece of Butter rolled in Flour; set them over a gentle Fire, and when they are near half done, turn them very gently and carefully, for fear of breaking them; and then let them continue till enough.

Take them up with great Care, for the Beauty is to have them whole; lay them regularly in a Dish, just big enough to hold them, lay the Melts by them, and pour over the whole that is in the Stewpan.

The Melts are to be stewed with the Fish, and Care must also be taken to keep them whole.

C H A P. X.

Of Puddings.

A R T. I. *An Oat Pudding.*

THE Oats to be used for this Purpose are what we commonly call Grits, or Grouts; it is the Oat stripped of the Husk, and ready for Grinding into Oatmeal; in this Condition it mixes very well with the Ingredients for a Pudding, and is like Rice, but every Way preferable.

Put into a large Punch-Bowl two Pounds of Oats, pour upon them as much Milk as will thoroughly moisten them, stir them well about, and laying a Plate over them, set them by.

Stone a quarter of a Pound of Raisins, and pick and wash the same Quantity of Currants.

Shred

Shred a Pound a Suet as fine as possible.

Then break six new-laid Eggs and beat them up ; bring in by Degrees all these Ingredients into the Bowl of Oats and Milk, and when they are thus together, grate in Half a Nutmeg, put in two Tea Spoonfuls of beaten Ginger, and add as much Salt as will make it palatable.

Send it to the Oven in a proper Dish, and let it be well baked.

2. *Pith Pudding.*

This is a very rich and elegant Kind of Pudding, and Care must be taken to do every Thing with the greatest Exactness in the making of it.

Take the Pith of an Ox, and lay it all Night in Spring or Pump Water ; this will soak out the Blood, and loosen the Skin.

In the Morning change the Water twice, moving it gently, and pouring it off.

When the Pith is thus freed from the Blood and other Foulness, carefully pick off the Skin.

Throw the clean Pith as it is picked into a Punch-Bowl, and when it is all in, pour in one Spoonful of Orange-Flower-Water ; work it well together with the Back of a Table Spoon, till it is as soft and mellow as Pap.

Set on three Pints of the richest Cream in a Sauce-pan, quarter a fine Nutmeg, and put into it ; break in a Stick of sharp Cinnamon, and tear to Pieces three Blades of Mace, and put them also in ; let it boil up and strain it off.

Blanch Half a Pound of Sweet Almonds, and beat them to a Paste in a Mortar ; put in by Degrees a little, and a little, of the Cream, till the whole is in, then work all well together ; pour off the Cream thro' a Sieve, and put it to the Pith, beaten up with the Orange-Flower-Water.

Break ten new-laid Eggs, take the Yolks of all, and the Whites of two of them ; beat these up very well, and put them to the rest of the Ingredients.

Break

Break four Marrow-Bones, take out the Marrow, and cut it to Pieces, mix this with the Ingredients; then grate two Table Spoonfuls of Naples Biscuit, mix it with Half a Pound of the finest Loaf Sugar pounded, and add as much Salt as will season the whole. Mix all perfectly together.

Make some fine Puff-paste, cover the Bottom of a Dish with it, and make a Rim round the Edges: Pour on the Ingredients, and let it be worked with great Care. There is no Pudding superior to it, scarce any equal.

Some make these Ingredients into a Kind of White Pudding, filling Guts with them; and this Way they are very good.

We have in a former Chapter given the compleat Method of making these Kinds of Puddings, therefore need not repeat it here.

3. *Neats Foot Pudding.*

Boil four Neats Feet very tender, take the fleshy Part from the Bones, mince it very small, and set it by; cut into very small and fine Mince Meat half the Quantity of Suet that there is of the Neats Feet minced; strew some Sugar over this, a little Salt, and some powdered Cinnamon; when these are mixed in, put the Neats Feet to it, and add a Quarter of a Pound of candied Citron-peel minced also very fine.

Break into a Bowl eight Eggs, beat them up Yolks and Whites together; add to these Half a Pound of Currants washed and picked, and a large Handful of grated Bread, when these are well mixed together, put in the rest of the Ingredients, and having mixt up the whole, butter a Pudding-bag on the Inside, and put it in; boil it well for two Hours, and serve it up with Sweet Sauce, or Wine, Butter and Sugar.

From Lady Montague's Book.

ART. I. *To make an Oatmeal Pudding.*

TAKE three Quarters of a Pint of great Oatmeal, pick it very clean, and beat it in a Mortar, but not too small; then put to it a Quart of cold Cream or thick Milk, and add a Blade of Mace.

Set this over the Fire in a Saucepan, and let it boil gently till the Oatmeal has sucked up all the Cream; then take it off, and let it stand till cold.

Break eight Eggs, beat up all the Yolks and four of the Whites with six Spoonfuls of Rose Water; put this to the rest in the Saucepan, and season it with Salt, Sugar, Nutmeg, and Cinnamon.

Melt a Pound of Butter, and put to it a little grated Bread, and if you have no Marrow add some Beef Suet minced small.

Mix all these perfectly well together, then butter a Dish, put in the Pudding, and send it to the Oven to be baked.

2. *Another Way.*

Take a Quart of Milk and boil it; then stir in a Pint of Oatmeal Flour, boil it to the Thickness of a Hasty Pudding, and strain it through a Cullander to keep back the Lumps.

Stir in half a Pound of Butter well clarified, the Yolks of six Eggs and two Whites, well beat with a little Salt, a little grated Nutmeg, and as much Sugar as will sweeten it to your Taste.

Put it in a Dish garnished with Paste. The Oven must not be too hot; and three quarters of an Hour will bake it.

3. *A Bread Pudding.*

Take a Penny white Loaf, or three French Rolls, slice them, boil a Quart of Milk, and pour it boiling hot upon the Bread; cover it up and let it stand to cool.

Beat

Beat the Yolks of five Eggs, and three Whites, with a little Salt, some grated Nutmeg, a little Ginger, and two Spoonfuls of Sack ; sweeten it to your Taste : Mix it in a Bason or Bowl, tie it in a Cloth, and let it boil an Hour : The Rind of a Seville Orange or two grated into it makes a good Addition.

If you like it best baked, omit the Sack, and melt a Quarter of a Pound of Butter in your Milk. Butter your Dish, and garnish it with Paste.

4. *An Orange Pudding.*

Boil two Seville Oranges, shifting the Water four or five Times, till they are so tender as to thrust a Straw through, and all the Bitter gone.

Then cut and take out all the Seeds, and all the Strings and inward Skins.

Beat all the rest both Rinds and Juice together in a Stone Mortar ; squeeze in the Juice of a fresh Orange, six Yolks of Eggs, three Whites, and half a Pound of fine Sugar : Mix all well together, and then stir in half a Pound of melted Butter.

5. *A boiled Carrot Pudding.*

Take a Penny white Loaf and grate it, and grate as much Carrot as Bread ; beat seven Eggs, the Whites of three left out, with a little Salt, and a Spoonful of Orange-Flower-Water.

Put two large Spoonfuls of Flour, a Pint of Cream, and as much fine Sugar as will sweeten it to your Taste.

Lastly, put in a quarter of a Pound of melted Butter ; mix all well together, flour your Bag, and tie it up ; let it boil an Hour.

6. *A Marrow Pudding, or Whitepot.*

Season your Marrow with beaten Nutmeg, Sugar and Salt, then take a Penny Loaf cut in Bits like Dice ; pick some Raisins clean, put in a Dish a Layer
of

of Raisins, and a Layer of Bread, then a Layer of Marrow; let them lie in six several Parts.

Then take a Pint and an half of Cream, and when it boils, put in the Yolks of four Eggs, with the Whites of two beaten with a little Nutmeg, Sugar and Salt; stir all well together: Pour it into the Dish upon the Layers, set it in the Oven for half an Hour, it being not over hot.

7. Judith Poyntingdon's *Receipt to make Cream Cheese.*

Take about five Quarts of the Morning Milk, a Pint and Half of raw Cream, mix both together, and run it very hard, then slice it up with a Skimming-Dish as thin as you can, and put a fine thin Cloth wet in a deep large Vat, and fill up the Vat as full as it can hold, and let it stand till Night.

Then turn it into another such Cloth, wet upon a Pie Plate, so turn it into the Vat again.

This do twice a Day till it be hard. About three Days in the Vat will be enough.

Then lay it in a half-dry Cloth, two or three Days more, according as you see it harden; then put it into Rushes pretty Thick on both Sides, and in two or three Days it will be ready for your Use, according as the Weather is hot or cold. You must change the Rushes once a Day.

CH A P. XI.

Pies.

A R T I. *Of Chicken-Pie.*

PICK and draw a Couple of young Pullets, lay by the Livers, truss them, and then with a Rolling-Pin beat them over the Breast to break the Bones.

Cut out some Bacon for larding, and season it well with Pepper and Nutmeg, Mace and Sweet Herbs, cut and bruised together.

Lard the Chickens very well with this, and strew over a little of the Seasoning when it is done.

Bruise the Livers, and add to them some Chives chopped small, some Parsley, a few Truffles and Mushrooms, and some of the same Spices that were used for the larding Bacon: Last of all, add some grated Bacon, and mix up all well together.

Slit the Chickens on the Backs, and dividing this Stuffing into two equal Parts, put one Part into each; then season them again with Pepper, Salt, and pounded Mace, and lay them ready.

Raise some Paste, and lay in the Chickens: Put in with them some Mushrooms, Truffles, and some Bay Leaves; cover the whole with Slices of Bacon, and then put on the Lid, and send it to be baked.

When it comes from the Oven, take off the upper Crust, take out the Bacon, skim off the Fat, and pour in a Raggoo of Sweet-Breads made as we have before directed, with Mushrooms and Truffles. Send it up hot.

2. *Duck Pie, to be eaten cold.*

Chuse a Couple of fine Ducks, and when picked and drawn, let them be trussed for Roasting.

Put them into a Pot with some Water, and a Bunch of Sweet Herbs: Parboil them, then take them off.

While the Ducks are in the Water, cut out some Bacon, and some of the lean Part of Ham into Slices, season it very well with Pepper, Salt, and Nutmeg.

When the Ducks are cooled, lard them well with this.

Make some good Paste; roll out some of it of the Bigness the Pie is to be, and let this be an Inch thick; flour over a Table, rub a Sheet of Paper with Butter, lay that upon the Table, and upon it raise the Pie.

Mince a good Quantity of Chives and Parsley, pound them in a Mortar with some Butter, add some Pepper and Salt, and stuff the Ducks with this.

Lay

Lay Slices of Bacon on the Bottom of the Pie, and season them with Pepper and Sweet Herbs; add a Blade of Mace broken, and then lay in the Ducks; fill up the Space between, and about the Ducks, with pounded Bacon: Lay one Bay Leaf a-cross over them, and cover up all with Slices of Bacon; then put on a Lid to the Pie of the same Paste, rub it over with an Egg, and send it to the Oven.

When it is well heated, it should be taken out, and a Hole made in the Lid; then a Paper is to be laid over it, and it is to be put into the Oven again, and remain there four Hours.

When it comes out of the Oven, fill up the Hole in the Lid; let it stand till it is about half cold, then turn it Bottom upwards, and so let it stand till it be perfectly cold.

It is to be served up cold, placing it on a Dish covered with a Napkin.

3. *Partridge Pie.*

Cut out some fine Bacon for larding, and set it in Readiness.

Pick and draw eight Partridges, and truss them, then beat their Breasts flat; singe them with white Paper, and broil them a little upon some very clear burning Charcoal.

Lard them as soon as they are cold.

Beat some Bacon in a Marble Mortar, and put to it the Livers; bruise and mix them very well together, and with this stuff the Bodies of the Partridges.

Make a Seasoning with Sweet Herbs, Pepper and Salt, Nutmeg, Mace, and some Lemon-Peel shred very fine.

Raise some Crust for a Pie, and shape it according to the Number of Partridges that are to be used; then lay in a little of the Stuffing, made of the Livers and Bacon at the Bottom: Over this strew a little of the Seasoning, and then lay in the Partridges. Strew some more of the Seasoning over them; and then put

among them a little Butter, and a little pounded Bacon interchangeably.

Then put in some Leaves of Sweet Basil, two or three Bay Leaves, and a few fresh Truffles.

Lay all these between, and among the Partridges; and over them lay a Covering of Slices of Bacon.

Then put on the Lid of the Pie, and send it to the Oven. It will require about three Hours baking; after which it is to stand to be cold.

This is the famous Partridge Pie of France; it is often brought over to England, and very well may, for it will keep three Weeks very good, or in a proper Season longer. We pay in London for this Pie, at the Rate of ten, fifteen, or twenty Shillings a Bird.

It will be easy to make it here, but we must not expect to equal the French, for they have a natural Advantage over us in the Bird itself: Our Partridges are smaller than theirs, for theirs are the red-legged Kind, and very fine.

They usually make these Pies of the young Flight, just when they are full grown; but some Times of such as are older. When older Birds are used, they allow an Hour longer baking, and we should observe the same Caution.

4. *Woodcock Pie.*

This is a Pie for eating cold, and is to be made in the same general Manner with the Partridge; only that the Entrails of the Woodcocks, as they give it a Superiority over the other, so they demand a particular Treatment.

Let two Brace of Woodcocks be picked, then draw them, and put the Entrails into a China Soup Plate.

Truss the Woodcocks as for roasting, beat their Breast Bone flat by gentle Blows of a Rolling-pin, and then broil them a very little over some clear Charcoal.

Cut

Cut out some of the finest Bacon for larding, and when the Woodcocks are cold, lard them all over carefully.

Then pound a good Quantity of Bacon in a Marble Mortar: Put to it the Livers of the Woodcocks, bruise and mix them perfectly well, and beat in two or three Leaves of Sweet Basil.

Chop the Entrails small upon a Trencher, preserving every Thing that comes out of them in the Chopping: When these are well cut to Pieces alone, they must be put into the Mortar with the Livers and Bacon, and very well worked together.

This makes a proper Bottom and Stuffing; and this being ready, and the Birds larded, the Pie is to be raised.

We here speak of a small one only with two Brace, but when they can be had in Plenty, three, four, or six Brace may be used much more properly at a Time.

Whatever be the Number, the Pie must be proportioned in Size accordingly; and the Crust being raised, they are to be put in. First there is to be laid over the Bottom, a thin Layer of the Stuffing; then the rest is to be put into the Bodies of the Woodcocks, and they are to be laid in regularly, and evenly, putting in between them some pounded Bacon and fresh Butter mixed together, with a little Seasoning of Mace, Pepper and Salt.

When the Pie is thus filled up, lay over the whole, a very thin single Slice of Veal, from the whole Round of the Fillet; over this lay a Covering of Slices of Bacon cut also very thin, and then put on the Lid. This done, send it to the Oven, where it should stand two, three, or four Hours, according to the Quantity of Birds; and when it comes home, it is to be set by to cool.

The French are very fond of these rich cold Pies, and with great Reason: They are excellent, and
many

many more Kinds than are here named, may be made the same Way.

A Pigeon Pie made purposely to stand to be cold, will very well answer this Purpose; and the Larding of the Pigeons, and Stuffing them in this Manner, will give them a great Richness, and Mellowness. If the fine full grown young Tame Pigeons be used for this Purpose, few Birds will make a richer or finer Pie.

5. *A Veal Pie.*

Chuse a moderately large Fillet of Veal, and let it be a very fine one.

Take out the Bone, and then without cutting it into Pieces, beat it flat with a Rolling Pin.

Cut out a good Quantity of Bacon for Larding, and as the Meat is large, let the Pieces of Bacon also be of the largest Kind used for this Purpose.

Make a Seasoning of Pepper, Salt, Mace, and a little pounded Cinnamon, with some Leaves of Sweet Basil, and a few Leaves of Parsley, and Winter Savoury, all chopped as fine as possible.

Season the Bacon well with this; then lard the Fillet of Veal all over, very thick with it; and season it again with more of the Seasoning.

Put into a Mortar a Handful of the picked Leaves of Sweet Basil, and two Bay Leaves chopped small, beat these to a Mash, put to them a Pound of the Fat of Veal, and the same Quantity of fine fat Bacon; pound these together with the Leaves, till the whole come to be a Paste.

When this is ready, and the Veal larded, raise the Pie of a proper Size for the Fillet; cover the Bottom of it with a good thick Layer of the Bacon, and other Ingredients from the Mortar: Then lay in the Fillet, spread over it another good Coat of the same; and thrust in some of it between the Meat and Crust at the Sides, and wherever there is any Crevice.

This done, lay some thin Slices of Bacon over the whole; and when it is entirely covered with them, put on the Lid.

Send

Send the Pie to the Oven, and let it be there four or five Hours.

When it comes home, set it by to cool, and serve it up in the Manner of the others, cold; covering a Dish with a clean Napkin, and setting the Pie upon it. These cold Pies serve in many Courses.

6. *Partridge Pie to be eat hot.*

For this Purpose chuse three Brace of Partridges just full grown in the right Season, draw them, pick them, and let them be trussed in the Manner of a Fowl for boiling.

Then put into a Marble Mortar some Shalots, some Chives, and some Parsley cut small; bruise these well together, and then put to them the Livers of the Partridges, and twice that Quantity of fine Bacon; beat all these together, and season them with Pepper and Salt, and cut in a Blade or two of Mace.

Let all these be pounded to a Kind of Paste, and when they are thus beat add some fresh Mushrooms.

When this is ready raise the Crust, and form the Pie; cover the Bottom of the Pie thick with this Paste, and then lay in the Partridges, but put no Stuffing in them; when they are in put in the Remainder of the Paste about the Sides and between the Partridges, and then strew over the whole some Seasoning of Pepper and Salt; break a Couple of Blades of Mace and put it in different Parts, and also lay in between the Partridges some Shalots, some fresh Mushrooms, and some Parsley.

When all this is in, and the whole is well packed together, pound some Bacon alone in a Marble Mortar, and put a Layer of it over the Tops of the Partridges, over this lay some Slices of Bacon.

The whole is now done, and the Lid is to be put on; then let the Pie be sent to the Oven, and baked about two Hours and a half.

When it comes home take off the Lid, and take away the Slices of Bacon; squeeze an Orange in, and send it up.

The French, who never think they make a good Dish if they do not put into it every Thing that ever was eaten, pour into a hot Partridge Pie thus made a Raggoo of Cocks Combs, or of Veal Sweetbreads. There is no Reason for this, because the Partridges make an excellent rich Pie, and the Confusion of Tastes is bad.

If when the Pie comes home, and the Bacon is taken out, and the Fat skimmed off, there is not Liquor enough, it will be very proper to pour in half a Pint of rich Veal Gravy scalding hot: But this is only in Case it is not moist enough of itself; if it be, it is better let alone.

As this Pie is best when made of the young Flight of Partridges, we have directed the Time of baking it to be two Hours and a half, but if they be older Birds they will require in Proportion half an Hour or an Hour more.

7. *A Rabbit Pie hot.*

Skin and draw two Couple of young Rabbits, save the Livers, and prepare the Crust for the Pie.

Put a Quarter of a Pound of Bacon into a Marble Mortar, and bruise it to Pieces; add to this the Livers of the Rabbits, beat them up well together, then put in some Pepper, Salt, and a Blade of Mace; some chopped Parsley, some Chives, and a few Leaves of Sweet Basil.

When these are all beat fine take it out, and set it on a Plate.

Cut the Rabbits into Quarters, and season them with Pepper and Salt, and with some Sweet Herbs.

Cover the Bottom of the Pie with the Seasoning, and then lay in the Rabbits; pound some more Bacon alone, and when well beaten add a little Butter to it; when these are beat to a Paste cover the Rabbits in the Pie with it, and then lay over all some Slices of Bacon; put on the Lid, and send it to the Oven; let it be baked two Hours.

When

When it comes home take off the Top, take out the Bacon, and skim off the Fat.

If the Pie have been properly managed there will be Gravy enough in it; if otherwise, some very rich Gravy of Veal or Mutton must be made scalding hot and poured in; then serve it up.

8. *A Pigeon Pie with Lettuces.*

Chuse for this Purpose half a Dozen large and young Pigeons, and about a Dozen of the finest Imperial Lettuces.

Let the Pigeons be drawn, picked, and trussed, as if for boiling.

Lay them for a few Minutes upon a Gridiron at a good Height above a clear and brisk Fire, turn them frequently, then lay them on a Dish ready for the Pie.

Throw the Lettuces, after they are carefully washed and picked, into a Pot of boiling Water, let them lie a few Minutes, stirring and turning them once or twice about; then throw them into a Sieve to drain.

Beat up the Livers of the Pigeons in a Marble Mortar, with some Bacon, and sweet Herbs and Spices: Then raise the Pie.

Cover the Bottom of it with some of this Stuffing.

Put some Stuffing in the Body of each of the Pigeons, and then beat them flat with a Rolling-pin, and lay them into the Pie: They must be laid in one by one, and each as it were wrapped up in a Parcel of the Lettuce.

This done cram in what remains of the Lettuce any where between them, and sprinkle over them some Pepper and Salt, and a little Mace cut fine with Scissars, then stick in between them some Pieces of Butter.

Lay all smooth and level at Top, and then cover the whole with some Slices of Bacon.

Put on the Lid, and send the Pie to be baked. It will require two Hours and a half.

When it comes home take off the Top, remove away the Bacon, skim off the Fat, pour in a little Essence of Gammon of Bacon, and if there want Moisture, some rich Veal Gravy; last of all squeeze over it a very little Lemon Juice, and send it up hot.

This is an excellent Kind of Pigeon Pie.

C H A P. XII.

Of Fritters.

A R T. I. *Pats de Putain.*

SHRED very fine some candied Lemon Peel, set on a Stewpan, pour in some Water, and put to it a little Salt, the Bigness of a Walnut of fresh Butter, and this shred Lemon Peel.

Let this boil some little Time over a Stove, then put in two good Handfuls of Flour, stir it immediately with the utmost Strength of Arm to make it into good Paste: This done take it off, and work in a Dozen Eggs, two and two at a Time. When this is well wrought set it by in a Dish.

Set on a large Stewpan, with a good Quantity of Hog's Lard.

When it is melted and very hot dip the Handle of the Skimmer in, and then with it form the Fritters. Fry them brown, then put them into a hot Dish, pour some Orange-Flower Water over them, and then dust on some Sugar. Send them up very hot.

This is an excellent Kind of Fritter, and worthy the Housewife's best Notice.

Some instead of the Water use Milk, and it makes the Fritters rather better.

2. *Chicken Fritters.*

Set on a Stewpan with some new Milk, and put in as much Flour of Rice as will be needful to give it a tolerable Consistence; break three or four Eggs, beat them up, Yolks and Whites together, and then mix them with the Rice and Milk; add a Pint of the richest Cream.

Set all over a Stove together, stir it well, and put in some powdered Sugar, some candied Lemon Peel, and a little fresh Lemon Peel rasped.

Cut off all the white Meat of a roasted Chicken, cut it into small Shreds, and put this in; then stir all well together, and take it off.

It will be a rich Paste. Roll it, and cut it out into little round Morfels.

Set on a Pan with a good Quantity of Hog's Lard, when it is very hot put in some of these Buttons.

Heat a China Dish, strew the Bottom with the finest Sugar powdered, and when that is ready lay on the Fritters as they come hot out of the Pan, strew some Sugar upon them, and send them up hot.

Some pour Rose and Orange-Flower Water over these Fritters before they send them up, but they are better without.

3. *French Cream Fritters.*

Set on a Quart of the richest and finest Cream that can be got, with a Stick of Cinnamon broke, a Blade of Mace, and a small Piece of Ginger; let this boil up, then strain it off through a Sieve.

Make this into a thick Batter with fine Flour and four Eggs, then add more Flour to make it stiff like Paste.

Set on a Stewpan with a large Quantity of Hog's Lard, and when it is very hot begin to cut the Paste; it is to be cut into Pieces as broad as a Half-Crown, and three Times as thick, and these are to be dropped into the hot Lard.

Set by the Fire a China Dish to be very hot, dust some fine Sugar into it, and then as the Fritters come hot out of the Pan put them into the Dish; when there are as many as will lie handsomely in it, for the Dish should not be full, dust some more Sugar over them, and sprinkle a very little Orange-Flower Water over them just so as to give them a Flavour, but not to run in the Dish or melt the Sugar.

4. *Bilboquet Fritters.*

Put into a China Dish two Handfuls of the finest Flour, break five Eggs into it, and add some Milk, just enough to make it work well together, then put in some Salt, and work it again: After it is well made up, add a Tea Spoonful of Powder of Cinnamon, a Tea Spoonful of grated fresh Lemon Peel, and half an Ounce of candied Citron shred very small with a Pen-knife.

Set on a Stewpan rubbed over with a little Butter, put this Paste into it, and set it over a very gentle Fire in a Stove that the Paste may be done gently in the Manner of baking, without burning to the Bottom or Sides of the Stewpan.

When this is done enough lay it on a Dish ready, and set on a Stewpan with a large Quantity of Hog's Lard; when this is very hot cut out the Paste which has been done over the Stove.

The proper Method is to cut it out in Pieces of the Length of a Finger, and the same Thickness, and then cut it across at each End; the Consequence of this will be, that in the frying it will open at each End, forming a Kind of double Top; these Tops the fancyful People who invented this Dish have fancied resembled the Hollow of a Bilboquet, and thence the Fritters have been named.

There must be a great deal of Care in the frying of these Fritters, for they rise very much, they must therefore be put in carefully one after another.

As they are frying put some Sugar in the Bottom of a warm Dish; when they are done take them out one by one, lay them in the Dish, and put over them some fine Sugar powdered: Serve them up hot. They are an excellent Kind.

5. *Point du Jour Fritters.*

Mix together a Glass of Sack and a House Spoonful of Brandy, or if the Wine be bought at a London Tavern there need be no Brandy added, they never sell it without.

Mix up two Handfuls of Flour into a Paste with luke-warm Milk, and with this Brandy and Wine among it, beat up the Whites of four Eggs to a Froth, and add them to the Batter.

Add also an Ounce of candied Citron Peel shred fine, half an Ounce of fresh Lemon Peel rasped, and as much Salt and Sugar as will season and sweeten it to the Palate.

Let all this be perfectly well worked and blended together into a good Body, but so soft as to run.

Set on a small deep Stewpan with a good Quantity of Hog's Lard, and when it is thoroughly hot drop in some of the Batter, and fry it brown.

This is the whole Composition of the Point du Jour Fritter; but there is a peculiar Method used in shaping and finishing it for the Table; the Method is this:

A Tin Funnel must be made on purpose, pretty large in the Body, and with three Pipes; when the Lard is hot, and ready for the Batter, the Funnel is to be held over it, and a little of the Batter is to be poured in with a Ladle; it is to be kept moving over the Pan till all is run out, and this throws the Fritters from the three Streams into their intended Shape.

As soon as the Batter is all out of the Funnel turn the Fritters, for they brown presently, then put one of them upon a Rolling-pin, and it will get the Shape
of

of a rounded Leaf; that is the proper Figure of these Fritters, and they are expected to come up so at every genteel Table.

There is a great deal of Art and Dexterity required to do these right, and nothing does a good Cook more Credit than a Dish of these Fritters of a due Form, and made every Way handsome.

They must not be too thick, and this is to be contrived by getting a right Quantity of the Batter to spread sufficiently.

When the first is made, that must be laid as a Pattern for all the rest; if it be too thick, less Batter must be poured into the Funnel for the next; if too thin, a little more; but this last is rarely the Fault.

The Stewpan should not be broader at the Bottom than a Plate, and the Lard must be very fine and very hot. These are the principal Cautions that are needful, and with a proper Regard to these it will not be easy to make any Mistakes. Care must be taken to keep the Batter of a due Thickness, for any Error in that will altogether disturb and spoil the Operation.

The common Way of serving up these Fritters is as the others, in a hot Dish, with some Castor Sugar at the Bottom, and some more over them; and this Way they are very elegant, and very much esteemed; but the Italians have hit upon an Improvement in this Article; they cover them with melted Sugar, and before that can harden strew over them a Quantity of the little Nonpareil Sugar-plumbs, green, red, and yellow, and send them up just as the Sugar is hardened. This is the Method esteemed there, but it makes them a Holiday Dish for Children, rather than Part of a good Entertainment.

6. *Elder Flower Fritters.*

Gather four Bunches of Elder Flowers just as they are beginning to open, for that is the Time of their Perfection, they have just then a very fine Smell and
a spirited

a spirited Taste, but afterwards they grow dead and faint. We complain of these Flowers having a sickly Smell, but this is only when they are decaying; when fresh and just open they have the same Flavour, but it is spirited, and just the Contrary of what it is afterwards.

The Elder Flowers being thus chosen, break each Bunch into four regular Parts, lay these carefully in a Soup Dish, break in a Stick of Cinnamon, pour to them a Wine Glass of Brandy, and when this has stood a Minute or two add half a Pint of Sack; stir the Flowers about in the Liquor, cover them up, and let them soak about an Hour, uncovering and stirring them about at Times, to see how they are kept moist.

Put a Handful of the finest Flour into a Stewpan, add the Yolks of four Eggs beaten, and afterwards their Whites beat up quite to a Foam, add some white Wine and a little Salt, and put in the Whites of the Eggs last.

Let all this be very perfectly and thoroughly mixed.

When the Batter is thus made set on a Quantity of Hog's Lard in a Stewpan, when it is very hot fry the Fritters. The Method is this:

The Elder Flowers are to be taken out of their Liquor and put into the Batter, and the Quantity for each Fritter is one of the Bunches of Elder, with as much Batter as agreeably covers it and hangs well about it.

While they are frying heat the Dish they are to be sent up in, rub a Lemon upon it not cut, and lay in the Fritters as they come out of the Pan, strew a little of the finest Orange-Flower Water over them, and serve them up.

7. *Apricot Fritters.*

Gather a Dozen and a half of Apricots just beginning to ripen; they must not be mellow, nor they must

must not be green: This is a very material Circumstance, for this is a nice Kind of Fritter, and cannot be made in Perfection unless the Degree of the Ripeness be exactly hit.

They are just as they should be when they can with some Difficulty be opened, and the Stone separated.

Having gathered the Apricots in this State fresh from the Tree, they are to be prepared for the Fritters in this Manner:

Put into a very clean Stewpan a Quarter of a Pint of French Brandy, and a Table Spoonful of the finest Sugar powdered; open the Apricots, take out their Stones, and put the Halves into this Liquor; set them for two Hours over a very gentle Stove, stirring them from Time to Time with Care not to break them.

Make a Batter with a large Handful of the finest Flour, and as much Mountain Wine as will bring it to a proper Consistence.

Set on another Stewpan with a large Quantity of Hog's Lard, and when it is thoroughly hot begin to throw in the Fritters, made in the following Manner:

Throw half an Apricot into the Batter, take it out with as much as hangs about it, and drop it at once into the Lard.

Set a Dish before the Fire to heat, strew a little fine Sugar over the Bottom of it, and put in the Fritters hot as they come from the Pan.

Let the Fritters be pretty well browned, which they will be very speedily, and when there are a proper Number in the Dish hold a hot Fire-shovel over them for some Time; this will glaze them, and then they are to be served up hot; no Sugar is to be put over them.

The French Apricot Fritters are better than ours, but it is owing to the Goodness of the Fruit: They only dip the Half Apricots in Flour, and fry them; but this has been tried here, and does not answer, ours being too watery.

8. *Bavarian Fritters.*

These are a Kind of Apple-Fritters, made in a peculiar Manner.

Chuse for this Dish, some fine, well tasted, and hard Apples; pare them, quarter them, take the Core clean out, and then cut them into round Bits; prepare these in the Manner of the Apricots, by putting them for two Hours in a Stewpan, with a little French Brandy, some Sugar, and a Stick of Cinnamon broken.

No Batter is to be made for these Fritters, but we may make them bare as the French do the Apricot Kind.

Set on a Sewpan with Lard; when it is hot enough, drain the Apples, strew them over with a good Quantity of the finest Flour, and put them into the Pan; they will brown up, and make a very fine Kind: Set a Dish to heat by the Fire, put the Fritters into it as they come from the Pan; strew a little Sugar over them, and then gloss them with a red hot Fire-shovel, and serve them up hot; strewing Sugar round the Edge of the Dish.

C H A P. XIII.

Of Creams.

A R T. I. *Fried Creams.*

PUT into a Saucepan a Pint of Cream, half a Pint of Milk, a Stick of Cinnamon broken, and a little Sugar; set it over a slow Fire in a Stove, and keep it scimmering a quarter of an Hour.

While this is scimmering, break eight new-laid Eggs, throw away two of the Whites, and put all the rest into another Saucepan; beat them about with a wooden Stirrer, and then add by Degrees, a quarter of a Pint of Cream, and a Handful of the finest Flour. Mix all this perfectly well together.

Take the Cinnamon out of the Cream that is all this Time scimmering hot, and pour it into this other Saucepan, to the Eggs and Flour.

Set it on the Fire, put in a little Salt, make it boil pretty briskly, and stir it very well about all the Time.

When it has boiled some time, mince very fine an Ounce and Half of candied Citron Peel; put this in; add a Blade of Mace shred as fine as possible, and continue boiling the whole together, till it is of a Thickness that it can but just be stirred.

Then set on a Pan with a good Quantity of Hog's Lard; and at the same Time pour out this thick Cream upon a Marble or on an even Dresser, floured well over.

Make it run of the Thickness of about half an Inch, then flour the Top of it, and with a sharp and thin Knife cut it out into Squares and Lozenges of an Inch big. Throw these into the hot Lard, and fry them brown; when they are done enough, lay them on a hot Dish, and strew over them a little grated or scraped Sugar not in too fine Powder, and send them up very hot.

This is a Dish that very naturally follows the Fritter Kind, for it is little other than a rich and elegant Cream Fritter.

2. *Cream Tarts.*

Break into a large Bowl a Dozen new-laid Eggs, beat them all up, the Yolks and Whites together.

When they are well beat up, put in half a Pound of Flour: Stir and beat all this again very well together; when these are well mixed, break into another Bowl a Dozen more Eggs, and when they have been well beat up, put them to the rest, and work it again very well together.

Set on a Saucepan with two Quarts of Milk; let the Saucepan be big enough to hold all the Ingredients; make the Milk boil, and when it does, pour in the
Flour

Flour and Eggs, stir all well together, then put in half a Pound of Butter, and stir it all very well again; then put in some Pepper and Salt, and then boil it very well, having a great Caution that it do not stick to the Bottom.

When it has boiled some little Time, it will be well thickened; then pour it out into another Saucepan, and set it to cool.

This Quantity will serve for a very considerable Number of Tarts; less may be made for a small Entertainment; or a proper Quantity of this taken, and the rest reserved; for it will keep some Time.

Put as much of this into a Saucepan as will make the Tarts you chuse, if the whole be not made together.

As it warms stir it with a Slice; and add to it some melted Butter, the Yolks of three, four, or five Eggs, according to the Quantity used; some candied Citron-peel shred very fine, and some Orange-Flower-Water. There is no saying the exact Quantity of these on this Occasion, for they must be proportioned to the Quantity; and in the same Manner it must be sugared to the Taste.

When all these additional Ingredients are put in, let the whole be stirred well together with a Slice; and last of all, add a good Lump of Beef Marrow.

The Cream is now ready, and the Tart Pan is to be prepared for it: A Puff-paste Crust must be laid in the Bottom, and a Rim round the Edges, then put in the Pan near full of the Cream, and send it to the Oven. Let it be baked moderately, and when it comes home, hold a red hot Fireshovel over it to gloss it. Send it up hot.

3. *Rice Cream.*

Pour into a small Stewpan a Pint of fine Cream, stir in as much Flour of Rice as will serve to thicken it; put in a little Sugar, and then strain it off.

Then put it into another Stewpan, and add to it a

Stick of Cinnamon broke, a Piece of fresh Lemon-peel whole, and a Table Spoonful of Orange-Flower-Water.

Keep it over the Fire about eight Minutes ; then take out the Cinnamon, and the Lemon-peel, and pour the Cream into Cups.

Heat a Fire-shovel quite red, and hold it over the Cups to gloss the Cream : This done, set it by to cool a little, and then serve it up ; four Cups do very well upon a Plate.

4. *Velvet Cream.*

Clean a couple of Fowls Gizzards perfectly well, wash them with a Knife, and set them in Readiness.

Set a Pint of Cream over the Fire in a Stewpan with a little Sugar ; when it is hot, and the Sugar is melted, set it off. Put the Gizzards into a Cup, and pour upon them four or five Spoonfuls of the boiled Cream ; when it has stood to cool a little, set the Cup over warm Embers, and watch the Cream, after a little Time it will take : Then put in all the Cream to another Stewpan, and mix this from the Cup with it ; it will make the whole answer in the same Way, and gives it an excellent pleasant Softness.

When it is all as it should be, strain it, and repeat this three or four Times.

Then set a Dish upon some hot Embers, and take Care that it be placed exactly even and steady ; pour in the Cream, and cover it with another Dish. Upon this lay some hot Coals, not to melt it ; and thus keep it for about a quarter of an Hour, in that Time it will be perfectly done. Take away the Coals, and set the Dish to cool.

It will be excellent if served up just when it is properly cooled but it may be Iced, and no Cream whatsoever answers that Purpose better. The Way to do this, is to put it into a Tin Mould made for that Purpose, and bury it among a Heap of Ice.

The Italians who are very fond of this Velvet Cream, use only the inner Skin of the Gizzard, and they chuse that of a Turkey, rather than a common Fowl; but the Difference in that respect is not material; and as to the using of the Skin alone, it will very well answer the Purpose, but the whole Gizzard gives a Flavour.

5. *Chocolate Cream.*

Set on a Quart of Cream in a Saucepan with a Stick of Cinnamon, a Roll of fresh Lemon-peel, a Lump of Sugar, and a quarter of a Pound of Chocolate scraped very fine; let the whole boil together, and when the Chocolate is perfectly dissolved, and mixed, take it off the Fire, and take out the Lemon-peel, and Cinnamon.

Break six new-laid Eggs, put away the Whites, beat up the Yolks, and mix them with the Chocolate; then strain the whole thro' a Sieve into a Dish.

Set on a Stewpan, the Top of which is just big enough to take in the Bottom of the Dish the Cream is in, and not big enough to let in the Rim; fill this three Parts with Water, so that when the Dish is set over it, the Bottom may reach a Straw's-breadth into the Water. Set this Stewpan on the Fire, put on the Dish of Cream, cover it with another Dish that will lay close over it, and when the Water is hot, let there be some live Coals laid on the Top-Dish. This with the Heat of the Water below, will perfectly well do the Cream.

When it has stood thus about a quarter of an Hour, remove the upper Coals, and take up the Cream; set it by till it is grown a little cool, and then serve it in: This is one Way, and another is to have it entirely cold, which is also very agreeable.

6. *Tea Cream.*

Set on a Quart of rich Cream in a Silver Saucepan, put in a Lump of very fine Sugar, and a quarter of an Ounce of sixteen Shillings plain green Tea, let it
boil

boil up four or five Times, stirring the Tea about in it; in this Time it will have dissolved the Sugar, and taken the Taste of the Tea.

This Cream is to be velveted; therefore let some Gizzards be got, and use either the entire Gizzards, or only the inside Skin. As we gave the Method of using the Gizzard entire before, we shall here give that of the Skin; that the Housekeeper taking her Choice, may on this, or any other Occasion, use the one or the other according to her Choice.

Take two Gizzards of Fowls, wash and clean them very well, then strip clean off the Skin that covers the Inside: Wash this again, and then cut it very fine with a Pair of Scissars; put it into a Cup, pour on it some of the Cream, set it on hot Embers; when it has taken, put it to the rest of the Cream. Then set the whole on some hot Cinders, and cover it with a Dish; put more hot Cinders over it, and then let it stand about a quarter of an Hour. In this Time the whole will take, and having been first properly strained three or four Times over, as we have directed for the other Creams of this Kind, it will be fit to use when it is set by to cool.

7. *Coffee Cream.*

Put a Quart of rich Cream into a Stewpan, put to it a Piece of Sugar, and an Ounce of fresh ground Coffee; let it heat gently, and then boil five or six Minutes.

Set it off, and velvet it in the same Manner as the others, by stripping two or three Gizzards, and washing and cutting to Pieces the Skin, and stewing it first in a little of the Cream, and then in the whole.

When it is compleated as the other, set it to cool; and serve it up either cooled in this Way, or Iced by means of a Mould as mentioned before.

8. *Burnt Cream.*

Beat up the Yolks of five new-laid Eggs without any Whites, mix them up in a Stewpan with a Pint
of

of Milk, and a little Dust of Flour. Put in a Stick of Cinnamon broke, and a Roll of thin Peel of a fresh Lemon; then put in two Ounces of blanched Almonds pounded, and two Spoonfuls of Orange-Flower-Water.

Set it over a brisk Fire in a Stove, and let it be stirred continually, lest it stick to the Bottom.

Set another Stewpan over a Stove with a very fierce Fire; put in some Sugar, and a very little Water; when it is coloured, pour in the Cream, and then draw together the Sugar with a Knife from the Border of the Cream, and serve it up immediately hot; not cold as the other Creams.

9. *Italian Cream.*

Set on a Pint of good New-Milk, put to it a little Salt, a Lump of fine Sugar, and a Stick of Cinnamon; let it boil up, then strain it off, and pass it three or four Times thro' a fine Sieve, with the Yolks of five Eggs: Set a Dish very even upon some hot Embers; pour in the whole, and cover it up with another Dish; then put some hot Embers over the Top of the upper Dish, and keep it thus hot about twelve Minutes. The Cream will be very well found by that Time, and is to be served up hot.

Cream may be used instead of Milk, and in that Case, three Eggs will do instead of five: It is rich in that Manner, but many prefer the other.

10. *Crackling Cream.*

Beat up five Yolks of Eggs in a moderate Dish, and then pour in by Degrees some New-Milk, till the Dish is nearly full: Add some fine Sugar powdered, and some fresh Lemon-peel rasped, to give it a Flavour; then spread some hot Embers, set the Dish over them, and let it stand till the Cream begins to take.

Then make the Fire more moderate, and take out the greatest Quantity of the Cream, laying it on the
Sides

Sides of the Dish, and leaving very little at the Bottom.

It will in this Manner stick every where to the Dish, and the Care must be to keep the Fire so moderate, that it may dry without burning.

When it is near enough, heat a Fire-shovel red hot, hold it over the Cream in every Part to brown it, and then with a Knife that has a very thin Blade, loosen the Cream from the Dish Edge, and put it altogether into the Middle again; then set it over the Embers again, and it will waste a little, and come to the right crackling Condition in a few Minutes.

11. *Sweet Cream.*

Mix together a Quart of Cream and two Quarts of Milk, put them into a large Saucepan; set them on to heat, and when it boils, set it off the Fire: Set a Soup Plate ready, take off the Cream with a Spoon and put it into the Soup Plate. Then set the Milk on the Fire again; when it boils take it off, let it stand a while, and skim it as before; in this Manner proceed till you have all the Cream, or else as much as is required for the Dish; then put in some Orange-Flower-Water, and dust over it some Sugar, and send it up.

12. *To make Chocolate.*

We shall give the following Receipts for making Coffee and Chocolate in this Place, though they cannot properly be called Creams.

To a Quart of New Milk add three or four Spoonfuls of fair Water, put it over a clear Fire and let it boil.

In the mean Time shave two Ounces of the best Chocolate; put this with a Quarter of a Pound of Loaf Sugar into the Milk and Water, and stir it about upon the Fire 'till the Sugar and the Chocolate are both dissolved.

Take it off the Fire, beat up the Yolks of two new-laid Eggs very well, put them in, and pour it
back-

backwards and forwards as you would buttered Ale, to prevent it's curdling ; then set it upon the Fire again, and afterwards mill it up 'till it froths, and it will be fit for use.

This is the only true Way of making Chocolate, to be rich and smooth.

13. *To make Coffee.*

To a Quart of boiling Water add an Ounce of Coffee well ground ; set it over the Fire and let it just have a boil up ; try that the Spout of your Coffee Pot be clear, that it may pour out. After this let it stand a few Minutes that the Grounds may settle, and it will be fit to drink.

Some sweeten Coffee with Lisbon, and others with Soaf Sugar, but Sugar Candy is better.

And it is now very common for those who like Mustard, to put a Tea Spoonful of the fine Durham Flour among the Coffee as soon as it is ground : This helps the Flavour, and is very wholesome.



S E C T. III.

Pickling and Preserving.

C H A P. XIV.

Of Pickling.

A R T. I. *To Pickle Cucumbers in Slices.*

CHUSE a Dozen of handsome large Cucumbers before they are too ripe ; such as are in perfection for eating are fittest for this Use ; and chuse a Couple of sound large Onions.

Cut the Cucumbers into Slices of the thickness of a Crown-Piece, and cut the Onions also in Slices in the same Manner crosswise, having first peeled them.

Lay a little sprinkling of Salt at the bottom of a Dish: Then lay in some of the Slices of Cucumbers, and Slices of Onions; and having made an even Bed of them, sprinkle some Salt over them, and then lay on another Bed of the Cucumbers and Onions.

Go on thus till you have filled the Dish, and always if you do more than this Quantity, allowing the some Proportion of two Onions to the Dozen of Cucumbers.

When the Dish is full, place another over it; and set it by for a Day and a Night.

At the End of that Time, wipe a Cullander very dry and clean, and gently pour in the whole from the Dish: Let them stand there some Time to drain.

When they are well drained, put them into a Jarr; and pour in as much of the best white Wine Vinegar as will perfectly cover them: Thus let them stand four Hours.

Then have a clean large earthen Pipkin ready, and pour into it the Vinegar from the Cucumbers: Put in a little Salt, make it boil, and then pour it on the Cucumbers.

While the Vinegar is heating, put into the Jarr with the Cucumbers, an Ounce of whole Pepper, four Blades of Mace, and a quarter of an Ounce of Ginger sliced thin.

Then pour the Vinegar in boiling hot, and set by the Jarr to cool.

When it is perfectly cold, tie it over with a Bladder, Leather, and Paper, and set it by four Days; in that Time the Cucumbers will be fit to eat, and they will continue good all the Year.

The Cucumbers thus done, will not be so Green as they are in the Windows of our Oilmen; and the Reason is very plain, because there is no Verdigrease among them.

The French have so much Care of their Health, that they will not suffer a green Cucumber of any
Kind

Kind pickled, to come to their Tables. They are perfectly right in this, and they have made green Pickles unfashionable; we think it is the great Art of Pickling, and therefore try at it.

Those who have written Receipts for this Pickle, order the Vinegar to be boiled up in a Copper Sauce-pan, and that gives it enough of the Verdigrease to colour them: Many who make Pickles for Sale, put in Halfpence to help. We have before described of how dangerous a Nature Verdigrease is, it is nothing but the Rust of Copper extracted by Vinegar; and they entail Diseases upon Thousands who use this pernicious Method of preserving their Pickles.

2. *To Pickle Radish Pods.*

This is a very singular and very agreeable Pickle, and nothing is easier than to do it.

Let a Parcel of the Spring Radishes stand for Podding, or purchase the Pods at Market; but when there is a Convenience of a Garden it is much best to raise them, because their Freshness is a great Article.

They are light, spongy, and hollow, and the Way to do them in Perfection is to throw them from the Plant to the Brine.

Put some Spring Water into a large earthen Pan, and put in so much Bay Salt that it will bear an Egg. This done, and the Salt melted in the Water, gather a Quantity of Pods from the Radish Plants before they are too large, and put them into this Brine: Let them stand in it ten Days, laying all the Time a Board over them to press them down, and keep them under the Water.

When they have lain thus long, pour the whole into a Sieve; let the Brine run thro', and let the Pods stand to drain.

Then set on as much Vinegar in a large earthen Pipkin as will be sufficient to cover the Pods; let it be made boiling hot, and while it is heating, let the Pods be taken out of the Sieve, and put upon a Napkin to dry.

When they are all dried, put them into a Jarr, and put with them a few Blades of Mace, some Pepper, Ginger, All-spice, and a few Cloves.

Pour in the Vinegar when it boils, and tie over it a coarse Cloth four double.

Set by the Jarr for four Days; then pour off the Vinegar into the Pipkin: Boil it again and pour it upon them.

Repeat this four Times, and then let it stand to be cold, and as soon as it is so, put in a large Quantity of Mustard Seed whole, and some Horse-radish sliced. Tie it over and set it by for Use.

3. *Pickled Cauliflowers.*

Chuse four very handsome Cauliflowers that are white and very hard, yet are sufficiently ripe.

Set on a Stewpan or Preserving-pan with a good Quantity of Water, and set by you a Pan of cold Spring or Pump Water just fresh drawn.

Break the Cauliflowers at the Stalk, and then pull them into small Pieces as they naturally separate; cut off the Ends of the Stalks, and pick away the little Leaves that grow among them, so that nothing be used but the pure white flowery Part.

As the Cauliflowers are pulled to Pieces throw them into the cold Spring Water; when all are in stir them about, pour away the Water, and let them stand in a Sieve. By this Time the Water in the Pan will boil.

Then throw in a Handful of Salt, stir it about, and when it is melted, and the Water boils, throw in the Cauliflowers, brisk up the Fire, and let them boil a Minute very quick.

Have a Cloth ready spread upon the Dresher or a Table. When the Cauliflowers have boiled a single Minute they are enough, take them out with a Slice, throw them into cold Water, and then lay them singly upon the Cloth, spread another over them, and
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in that Manner let them stand till they be thoroughly cold.

Prepare some wide-mouthed Bottles very clean and perfectly dry.

When the Cauliflowers are cold put them Piece by Piece regularly into these Bottles, and put among them some Blades of Mace and some scraped Nutmeg; then pour in as much distilled Vinegar as will fill the Bottles; then melt some Mutton Fat, pour in this, and let it cool in the Neck of the Bottles, covering the whole; this done tie them over with a wet Bladder, and let them stand a Month or two before they are opened.

4. *To pickle Nasturtians.*

The Part of the Nasturtian that is pickled is the Bud of the Flower; People usually call it the Seed of the Nasturtian, which they also call the *Stertion*, but this is all erroneous.

Gather a Parcel of the largest and fairest Buds of the Nasturtian that can be found, just before their opening into Flower, throw them into a Pan of cold Water, stir them well about, then pour off the Water, and put on fresh; stir them about again, and pour it off as before, and then lay them on a Sieve to dry; set the Sieve, supported, by a Couple of Bricks, or otherwise, in an airy Place, and now and then turn the Buds: They will fade a little, and they will soon be as dry as when just gathered; and being thus faded they will take the Vinegar better than if they had been quite fresh.

The Buds being ready prepare some wide-mouthed Bottles, scrape down two or three Nutmegs, and break a few Blades of Mace; set by you also some Pepper whole, and a few Cloves.

Put a little of each of these Spices into the Bottom of each Bottle, and then fill the Bottle a third Part full of the Buds.

Put in some more of the Spices of all the Kinds, and then more of the Buds, and thus proceed till the whole Quantity is in.

Then pour into each Bottle as much fine white Wine Vinegar as will fill it up, and tie them over; let them stand six Weeks before they are opened, and in that Time the Vinegar will have penetrated them thoroughly, and the Taste of the Spices will be got into their very Substance, so that they will be one of the finest Pickles in the World.

C H A P. II.

Of Preserving.

A R T. I. *To candy Clove Julyflowers.*

GATHER a Quantity of Clove Julyflowers when they are full open, but before they begin to fade, pull them out of the Cups singly, one whole Flower at a Time, and cut off the white Ends with a Pair of Scissars.

As they are cut put them into an earthen Pan, and see that no white Part be left, only the pure Purple is to be used.

Cover the Pan with a Pewter Plate, and they will keep fresh till you are ready for them.

Break some treble-refined Sugar into small Lumps, dip them one by one into clear Water, and throw them wet into a Silver Saucepan: The Water they thus take up will be enough to melt the Sugar, and it must be kept on the Fire till it is thick, and will draw in Hairs.

When the Sugar is in this Condition put in the Julyflowers, and stir them round that they may be well mixed, then pour the whole into Cups and Glassees; when it is of a hard Candy break it in Lumps, and lay it high, then dry it in a Stove, and
it

it will look like the finest Sugar-candy, with the Flowers in the Pieces.

Any other Flowers may be candied in the same Manner, but none does so well.

2. *To preserve Goosberries whole.*

Gather a Quantity of large well-grown Goosberries before they are ripe, pull off the Eye, but let the Stalk remain on; put them into a Saucepan of Spring Water, set them over the Fire, and let them stand to scald, but take Care no one of them breaks; if any do, such must be taken out.

When they are enough throw them into cold Water, and let them stand there.

The Goosberries must be weighed before they are put to scald, and for every Pound of them must be allowed a Pound and half of Sugar of the finest Kind; melt and clarify this, using a Pint of Water to every Pound of Sugar.

When this thin Syrup is perfectly clear put it into a Preserving-pan, and drop the Goosberries singly into it; let the Fire be gentle, and the Syrup by Degrees heat till it boils; let the Goosberries boil in it a little while, but this must be very gently, otherwise they will break.

Observe them carefully, and after a few Minutes boiling you will see that the Sugar has penetrated them; then take them off, set them by till the next Day, covering them with white Paper.

Take the Goosberries out of the Syrup, and set it on the Fire alone; boil it till it begins to be thick and roapy; skim it carefully, and when it is thus thick, and very clear, put it to the Goosberries again.

Set the Pan with the Goosberries and Syrup over a very gentle Heat, and so keep it till the Syrup is very thick; then take the Pan off the Fire, and let it by till it is cold, and cover it up with Paper.

Boil some fresh Goosberries in fair Water, and make the Water very strong of them; then strain it off,

off, and when it is perfectly clear put to every Pint of it a Pound of treble-refined Sugar; melt this over a gentle Fire, and just let it boil up; strain it through a Flannel Bag, and it will be a thin and perfectly clear Syrup. This is what the Confectioners call a Jelly.

Set this by to cool, as also the Goosberries, and the next Day put the Goosberries into Glassess, and fill them up with this Syrup; cover them with Paper, and put them in some dry Place. They will be very beautiful, and keep good the whole Year.

S E C T. IV.

Of the best Methods of preserving Provisions at Sea.

A R T. I. *A Calf.*

WHEN a Calf is to be killed for this Purpose, see that it be a very fine one.

Cut it up into Quarters; then first take off the Shoulder from one of the Quarters, and cut off the Knuckle; then lard the Shoulder with very fine Bacon, season it with Pepper and Salt, and strew on some Leaves of sweet Herbs, with grated Nutmeg, Mace shred, and a little fine Sugar powdered mixed among them.

When the Shoulder is thus prepared cut off the Loins, and blanch them over a Charcoal Fire; hang them up to be cold, and then lard them also with Bacon.

Then take out the Fat, and take off the Kidneys, split each of them in four, without quite separating the Parts, and strew these over with Pepper and Salt.

Take

Take the Fillets next; take out the principal Bones, then lard them, and season them with Pepper and Salt, and with the same Spices and Sweet Herbs last mentioned.

When the whole Calf is thus dressed let it be put Piece over Piece in a great earthen Pan, and lay over it some large Slices of Bacon; then spread over the whole a good deal of Butter, tie the Pan over, and send it to an Oven to be done very well, but with a slack Heat, not to be burnt.

This done prepare a Cask just big enough to hold the whole Quantity; let it be well scalded, seasoned, and dried.

Cover the Bottom of the Cask with Bay Leaves, Cloves, Pepper, and Salt, and then lay in a good Quantity of Veal.

When this is pressed down put in more of the same Seasoning, and thus continue till the Cask is full.

Then melt a large Quantity of Butter, and when it is just luke-warm pour it over the Meat so as entirely to cover it three Inches thick. This need not be grudged, for it will not be wasted.

As the Butter is poured in let the Cask be shook, and the Butter let in among the Pieces, then let it lie over the whole the Thickness we have directed. Let it cool, and set it by in a cool Place till it is taken on board.

This is an excellent Method. The Uses of the several Pieces, and the best Way of dressing them, we shall particularly shew hereafter, first laying down the Methods here of preserving what it is needful to carry for the Purpose.

2. *To preserve Tripe and Neats Feet.*

Chuse a Quantity of Tripe and Neats Feet ready boiled, as they are usually sold, and the best that can be got.

Prepare a Cask of proper Size, and scald and season it well.

Then lay at the Bottom some Bay Leaves, put over these some Corns of Pepper, whole Cloves, and Bay Salt.

Lay in a Covering of Tripe and Feet, throw in a good Quantity of the same Salt and Seasoning, and so put more Tripe and Feet over them; continue this Method, throwing in a large Quantity of the Salt and Spices every Time any of the Feet and Tripe are put in, till the whole is full; thus the Feet and Tripe will lie between Beds of Salt and Spices, and at the same Time will have a great deal of both get in among them.

When the Cask is thus filled with the Provision, pour in softly as much Vinegar as it will hold, shaking it often, and giving Time for the settling of the Vinegar, that as much may be got in as the Cask can possibly contain.

Then close it up well, fastening in the Cover with Pitch, and let the Cask be set by, and kept cool, till the Time of taking it on board the Ship.

3. *Sea Sausages.*

Cut a Quantity of fine Pork, Fat and Lean together, and let it be cut small, but not like fine minced Meat.

Season it well with Pepper and Salt, Leaves of Thyme and Winter Savoury, and some Nutmeg; then clean a Quantity of middling Hog's Guts, or of small Beef Guts, and stuff these with the Sausage Meat.

Before you proceed too far dress one of these Sausages, and taste how it is for Seasoning; if not right, make the rest of the minced Meat right before you fill any more.

When they are well mixed and seasoned fill all the Guts, and tie them up carefully with Packthread; then prepare a Cask, by seasoning it well, lay at the

Bot-

Bottom some Bay Leaves, and then put in some Sausages, then lay more Bay Leaves, and upon them more Sausages; thus proceeding till the Cask is full.

Then pour in a great Quantity of Hog's Lard just melted, and let it fill up all the Spaces among the Sausages, and come over the Top of them several Inches; then cover up the Cask, close it well, and send it on board.

4. *To preserve Geese a la Daube.*

Chuse eight or ten Geese for a small Cask, or more, according to the expected Length of the Voyage, let them be picked and drawn, then let them be singed.

Then open the Legs and take out the great Bones, and do the same to the Breast, but let the Wings be hanging to the Body.

Having cut the Breast open lengthwise, and taken out the Bones, cut the Rump, and take out any Blood that may be on the Inside; then take off the Fat, and set it on the Fire to melt in a Pan.

The Geese being thus prepared strew some Salt over their Legs, and leave them so six Hours.

Then having strained the Fat melt with it a good Quantity of Lard, and throw them in to be half done in it, and then take them out, and set them to drain and cool.

When they are cold prepare the Cask for them, and put at the Bottom some Bay Leaves, Cloves, and Pepper Corns, all whole; this done lay them in regularly, with more of the Bay Leaves, Cloves, and Pepper Corns among them.

When the Cask is thus filled with them pour in the melted Hog's Lard and Goose Fat, shaking it at Times that the Fat may get in, and let it cover the whole two or three Inches; then close up the Cask, and send it on board.

5. *To preserve Soals for Sea.*

Scale, gut, and wash the Soals, then drain them, and when they are moderately dried strew some Salt over them, and let them lie so six Hours.

Then wipe them, strew some Flour over them, and split them all along down the Back.

Set on a Stewpan with a good Quantity of Oil, throw in the Soals, and let them fry till they be pretty brown; then drain them on a Fish-plate.

Prepare a Cask for them, put at the Bottom some Bay Leaves, Cloves, and Pepper Corns; then lay in some of the Soals, upon these put more Bay Leaves, Pepper Corns, and Cloves, and more Soals over them till the Cask is full.

Then pour in some very good Oil till the Cask is quite full, and close it up, and send it on board.

6. *To preserve Greens.*

Chuse some fine well-grown Cabbages, clean them, cut away the Stalks, split them in four, and throw them into boiling Water; let them lie a few Minutes in it, then throw them into a Vessel of cold Pump Water, and when they are thoroughly cold drain them well.

Prepare a Cask, and that being ready make a strong Brine; it must not be quite strong enough to make an Egg swim, but very little weaker: It is best made by boiling up common Salt in Water, and skimming it if any Thing rises.

When this is cold, and the Cask ready, lay in the Cabbages very evenly and carefully, pressing them down gently, but not squeezing them too much; when a Parcel of them are in put in some of the Brine.

Then lay in more of the Cabbages, and pour in more Brine; in this Manner proceed till the Cask is filled, and the Brine swims to some Depth over the
Top

Top of the Cabbages ; then put on the Lid of the Cask, and close it well down.

French Beans, and almost every Kind of Greens, are to be preserved in the same Manner.

When they are to be dressed they must be first sweetened, by putting them into fresh Water for a few Hours, and they will eat very well.

7. *To preserve Roots dry.*

Cut some Carrots into Slices, cut some Parsnips also in the same Manner, and peel some Onions, and cut them also in the same Manner.

All these are to be prepared in the same Manner for preserving, and therefore the same Rules will serve.

When the Roots are sliced set on a Stewpan with a good deal of fresh Butter, put in some of any one of the Roots, for they must be done separate, and preserved separate, and when they are fried to a good brown take them out, and put in more.

As they are taken out, Parcel after Parcel, place them on Hair Sieves to dry, and the next Day send them to be baked in a very slack Oven.

This will thoroughly dry them ; they must then be put up in Boxes, and kept dry.

They will thus keep longer, and be fitter for Use than if carried on board in their natural Condition : They are ready for all Soups, Raggoos, and the like.

8. *To dry Mushrooms.*

Clean a Parcel of large Mushrooms, cut out the Stalks, peel them, and scrape out the Gills.

Set them over the Fire in a Saucepan with a little Salt, and let them stew a while in their own Liquor, then throw them into a Sieve to drain : When they are tolerably dry send them to a slack Oven upon Tin Plates, and let them be thoroughly dried ; then pack them up in shallow Boxes, and keep them in a dry Place.

9. *Mushrooms*

9. *Mushroom Powder.*

Clean a Quantity of large Mushrooms, then set them over the Fire with a Handful of Salt, a good deal of Pepper, some Blades of Mace, and an Onion stuck with Cloves; let them stew a little, then throw in a Stick of Cinnamon broken.

A great deal of Liquor will come from them, and they must stand over the Fire 'till that is entirely wasted; then they must be taken out, laid on a Sieve to dry a little, and after that, laid on Tin Plates and sent to be dried in an Oven, and then beat to Powder: This Powder must be put up in Jars, and is ready for various Uses: It must be kept well rammed down.

10. *Anchovy Sauce to keep for a Voyage.*

Chop to Pieces two Dozen of fine Anchovies Bones and all; shred very fine a Dozen Shallots, and scrape a good Handful of Horse-Radish: Shred a quarter of an Ounce of Mace, cut a Lemon in Slices, and put all these into a Saucepan; add a Dram of Cloves, and a quarter of an Ounce of whole Pepper, then pour in half a Pint of rich Anchovy Liquor, a Pint of Water, and a Quart of white Wine, and a Pint of Red.

Boil all these together for half an Hour, then strain off the Liquor, and bottle it up.

C H A P. II.

*Of dressing Sea Provisions.*A R T. I. *To roast a Loin of Veal preserved as before shewn.*

TAKE a Loin of Veal out of the Cask, and spit it carefully; rub a Couple of Sheets of Paper with a good Quantity of the Butter that comes out with the Veal; wrap it up in these Papers, and roast it in the usual Manner.

Serve

Serve it up with a Sauce made of Portable Soup and Mushroom Powder.

2. *To stew a Fillet of Ship Veal.*

Take out one of the Fillets of Veal from the Cask ; take out some of the Butter with it, put this Butter in a Stewpan, set it on with a little Flour, and make it brown.

Then put in a little Gravy made of a small Piece of Portable Soup thrown into Water, and put in the Fillet of Veal : Let it stew some Time, then turn it ; pour in more of the same Gravy, and cover it up to stew 'till well done.

Then put in some Capers chopped small, some dried Mushrooms, and a Piece of Butter rolled in Flour ; thicken it, give it a good Relish, and then send it up, pouring the Gravy round the Veal.

3. *To dress Ship Tripe and Onions.*

Set on a Stewpan with some Butter, when it is melted, throw in some dried Onions according to the foregoing Receipt.

When these have had a Toss up together, take out some Tripe from the Vinegar in their Cask ; cut them into thin Slices, and put them into the Stewpan.

Strew on them a little Flour, and moisten the whole with a little warm Water.

Let these stew a while, then cut in a small Clove of Garlick.

Let it stew some Minutes longer ; then break four Eggs and beat them up, get in a little of the Liquor of the Stewpan, and then mix this with the rest. This will thicken up the Liquor very agreeably, and the whole will be a very agreeable Dish.

4. *To dress preserved Soals.*

Take half a Dozen of the Soals out of their Oil, and lay them on a Sieve to drain.

Melt some Butter very thick ; then when the Soals are drained lay them in a Dish, pour this Butter
over

over them, and turn them in it, that they may be perfectly melted with it.

Dust them over with fine Crumbs of Bread, and then broil them. Serve them up with a Sauce of Shalots and Gravy.

4. *A Harrico of French Beans.*

We have directed the Method of preserving French Beans in the usual Way, but besides these, there should be carried out a Quantity of the Seed Beans dry in the manner of Pease; these are to be used for this Harrico, and they may be employed also on many other Occasions.

Take a Pint of these dry Seed Beans, pick them over that there be no Dirt among them, and put them into a Saucepan with two Quarts of Water; let them boil two Hours.

If the Water wastes too fast, it must be supplied by putting in some hot out of another Vessel.

While the Beans are doing, peel a good Quantity of Onions, and slice them very thin, let there be the Quantity of two double Handfuls.

Set on a Stewpan with some fresh Butter; let it melt, and when it makes no more Noise, throw in the Onions, and fry them to a fine brown.

Stir them about from Time to Time, that they may be all of a Colour.

When this is done, pour off the Water from the Beans into a Bason, and put the Beans into the Stewpan, with the Onions and Butter. Add to the whole two Tea Spoonfuls of beaten Pepper and some Salt, and let it stew some time: Pour in some of the Water the Beans were boiled in, and make it of what Thickness you chuse.

Break a Couple of Eggs, beat up the Yolks with a little Vinegar, and mix the whole into the Stewpan; then when all has been once well heated and stirred together, pour it off into a warm Dish.

A great Caution in this and all other Made Dishes at Sea is, that they be not made too salt.

C H A P. III.

Dishes for Sea Service.

A R T. I. *Bouride.*

THIS is a particular kind of Soup very much esteemed on board of Ships, a Basen of it being taken in a Morning. It is to be made thus.

Put two Quarts of Water into a Saucepan, and put into it a Couple of large Onions cut very small, and a Lump of Butter. Stir it about; when it boils break in four Biscuits, and then season it with Pepper and Salt; then let it boil 'till half is consumed, and add to it some Gravy, and a little white Wine: Let it boil up once when these last are in, and then serve it up in Basens hot.

2. *Gravy Soup.*

This for Sea Service is delivered in a short Direction; we have in a preceding Number given the Method of making Portable Soup; a Quantity of this should always be taken to Sea, and then the Gravy Soup is made with little Trouble: Boil a Quantity of soft Water, as much as is required for the Dish, and put in some of the Portable Soup, stir it about, and salt it a little; taste it, and if it be not strong enough, put in some more of the Soup: Bake some Sippets, lay them round the Sides of the Dish, and pour in the Soup. If any fresh Meat be boiled, put about a Pound in the Middle.

3. *Pease Soup.*

Set on a Quart of Pease in eight Quarts of Water, and boil them 'till they are tender.

Let a Piece of Salt Pork be laid in Water the Night before, and when the Pease are tender, put it into the Pot.

Put with it two large Onions peeled, some Celeri if there be any, and a Bundle of Sweet Herbs; and put

in at the same Time half a Table Spoonful of whole Pepper.

Let the whole boil 'till the Meat is enough, and probably the Soup will also be enough by that Time; but if it be not, the Meat must be taken out, and the Soup boiled longer.

When it is enough, strain it thro' a Sieve, set it on again, and rub in a good deal of dry Mint. Keep the Meat all this Time hot, and when the Soup is enough, put it in again; let it boil three Minutes that all may be hot together; then put in a Piece of Portable Soup, and let it boil up for that to dissolve; stir all well together, and serve it in hot.

This may be made with Beef as well as Pork, and without the Portable Soup; but this is the Way that makes it best of all, and there is no great Expence in the Addition.

4. *Beef Pudding.*

Lay a Piece of the Sea Beef in Soak for four and twenty Hours; then prepare a Crust with Flour, Water, and a good Quantity of Mutton Suet shred fine, or if there be none of that, some Beef Dripping will do. Let the Crust be thick and firm; put in the Beef, and strew over it a little Pepper; roll it up in the Crust, tie it in a Cloth, and boil it four Hours. Then serve it up hot.

5. *Rice Pudding.*

Tie up some Rice loose in a Cloth, and boil it in soft Water an Hour.

Then take it up, untie the Cloth, pour the Rice into a Dish, and put to it a good Piece of Butter; stir this well in, and then grate in half a Nutmeg.

Then put it into a Cloth again, and boil it an Hour more. When it is done melt some Butter, with a little white Wine and Sugar, by Way of Sauce; and take up the Pudding, untie the Cloth in a Dish, and turn the Pudding out whole; then pour over it the Sauce.

6. *Plumb*

6. *Plumb Pudding.*

Shred a Pound of Suet very fine, and mix it up with a Pound of Flour; add two Tea Spoonfuls of beaten Ginger, and a large Spoonful of Tincture of Saffron.

Stir up these together, then put in a Pound of Currants washed and picked, and half a Pound of Raisins stoned. Put in as much sweet Water as will make it up pretty stiff; mix it all well together, and then either boil or bake it.

7. *Sheep's Liver Pudding.*

So long as live Provisions last, every Part of them is to be made the most of, and this is one Instance of a very good Dish made out of an ordinary Part.

When a Sheep is killed let the Liver be cleaned, and shred very fine, weigh it, and weigh half the Quantity of Suet; shred this very fine, and mix it with the Liver. Then grate as much Biscuit as there is Suet, and mix this with the rest. Shred an Anchovy, and mix with it: Then grate in some Nutmeg, and add some Sweet Herbs picked from the Stalks, and chopped very fine, and a little Pepper and Salt.

When all is well mixed together, add a Piece of Butter, and a little Anchovy Liquor, and then make a Crust as we have before directed; put in the whole and roll it up close, then tie it up in a Bag and boil it. It will require three Hours.

8. *An Oat Pudding.*

Get a Pint of Oats once cut after the Shelling; shred a Pound of Suet, and add to these a Pound of Currants washed and picked, and half a Pound of Raisins stoned. Mix all together, and add a little Salt; tie it in a Cloth, and leave Room for swelling; boil it three Hours, and send it up with a Slice of Butter upon a Saucer, for those who chuse to put it upon a Slice of the Pudding.

9. *A Rice Pudding for baking.*

Pick a Pound of Rice very clean, and boil it in Water 'till it is just tender ; then pour it into a Cloth, put over the Top of a Pan, and let all the Water run gently from it without squeezing.

While it is hot, and when it is pretty well drained, stir in a good Piece of Butter ; then add some fine Sugar, and a little Salt ; grate in some Nutmeg, and season it in all these Respects to the Palate, tasting at Times, and adding where the Quantity is not sufficient of any Kind.

Wash and pick half a Pound of Currants, and when all the rest is well mixed, put these in ; stir all very well together, and then prepare a Pan to hold it. Butter the Inside of it very well, pour in the Ingredients, and set it into the Oven ; let it be well baked : It will come out of a fine Brown, mellow, and very pleasant.

10. *Pease Puddings.*

Tie up a Quantity of Pease in a Cloth, and boil them a considerable Time ; when they have boiled long enough to be tender, take them up ; untie the Cloth, pour the Pease into an earthen Dish and beat them well : Add a good Piece of Butter, and work it well in ; then add some Salt and Pepper, and beat it up once more thoroughly.

When this is done, tie it up again, and boil it an Hour longer ; then take it up ; take it out of the Bag, lay it handsomely in the Dish, and cut a round Hole at the Top ; pour some melted Butter into this, and dust over it a little Pepper ; so send it up.

11. *White Bread Dumplings.*

When there is white Bread to be had at Sea, a very agreeable Variety is made upon the Table by this Dumpling.

Shred very fine a quarter of a Pound of Beef Suet ; grate all the Crumb of a Two-penny Loaf, or of a
like

like Quantity of white Bread of any Kind ; mix these together, and grate to them half a Nutmeg ; add a little Salt, and half an Ounce of powdered fine Sugar.

Mix all these well together, then break two Eggs, beat them up with half a Glas of Mountain, and mix this with the Ingredients : Work all well together into a stiff Paste, and roll it up in Dumplings of the Bigness of one's Fift.

While the Dumplings are making let the Water be set on to boil them ; when it boils put them in, and let them boil half an Hour.

When they are taken up lay them in a small Dish, and melt a Bason of Butter with some Mountain ; pour this over the Dumplings, and then strew over them, and over the Sides of the Dish some fine powdered Sugar.

These, and many other of the Sea Dishes, may be sent up any where, and to Sea People they are very pleasing, and to others because of their Novelty, and the Variety they make in the Entertainment.

12. *To bake Fish.*

There are often Opportunities of taking Fish at Sea, and they never are eaten in such Perfection as when they are put out of the Sea to the Fire. Baking is an easy Way of managing many Kinds, and when it is properly done answers extremely well.

We need not particularize the Fish, for it will do for almost any, and whatever comes to the Net on this Occasion is Fish, in the true Sense of the Proverb.

Prepare a Pan according to the Size or Quantity of the Fish ; if they be small a great many may be done together, but this Method of dressing does best for larger, and when very big they may be cut, or only a Piece used at a Time.

Butter the Inside of the Pan, then lay in the Fish, dust some Flour over it, then sprinkle on a little Salt,
and

and put in a little Water, and an equal Quantity of Wine.

Cut an Onion into six Pieces, and put it in; then put in a Bunch of sweet Herbs; and after all these are placed stick some Pieces of Butter all over the Fish, and so send it to the Oven. Let it be baked to a fine brown.

Then heat a Dish, take the Pan out of the Oven, take up the Fish, and lay it upon the Dish.

Skim off all the Fat in the Pan, and then strain the Liquor, add to it some Gravy, or a Bit of Portable Soup, and a little Catchup; thicken it up with a Piece of Butter rolled in Flour, and send it up in a Bason: The Fish will be of a fine delicate Brown, and this Sauce excellent.

13. *A baked Oatmeal Pudding.*

Set on a Saucepan with a Quart of Water and a little Salt; when it boils stir in some Oatmeal, a little at a Time, till the whole is so thick that a Spoon can hardly be stirred in it; then take it off the Fire, and add a good Glass of Mountain, and a Spoonful of Sugar, and grate over it a little Nutmeg; then stir in Half a Pound of Currants washed and picked.

When all is ready butter the Inside of a Pan, and pour in the whole; send it to the Oven, and let it be well done.

14. *A Sea Chicken Pie.*

Make a proper Quantity of good rich Crust, roll it out, and cover a Dish with it; cut some Bacon into thin Slices, and lay them over the Bottom, covering it entirely; press them down flat and even, strew over the Bacon a very little Pepper, and a few Leaves of sweet Herbs dried.

Pick and draw a Fowl, or well-grown Chicken, put some Pepper and Salt into the Belly, a Lump of Butter, and a Piece of Bacon rolled in dry Leaves of sweet Herb; singe it, and then lay it handsomely in
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the Pie, pressing it a little down; cut some more Slices of Bacon, and pepper them, and dust over them a few Leaves of sweet Herbs; then cover the Fowl carefully with these, and put in a very little Water, and then put on the Lid.

Let this Pie be put into the Oven, and baked two Hours.

When the Time of its baking is near expired, set on Half a Pint of Water in a Saucepan, when it boils put in a Piece of portable Soup, and let it dissolve; this will make a rich Gravy.

When the Pie comes out of the Oven take off the Lid, take away the Bacon that has covered the Fowl, and skim off the Fat that is upon the Liquor, then pour in the hot Gravy out of the Saucepan, put on the Lid again, and send it up hot.

Pork may be used instead of Bacon, but as the Sea Pork is usually very salt, it will be best to set it to soak four and twenty Hours before it is used, and then to cut it out into thin Slices to cover the Bottom of the Pie, and afterwards to lay over the Fowl.

15. *A Sea Pork Pie.*

Cut some boiled Pork into thin Slices, and slice a Quantity of fine Potatoes, first carefully peeled; and let there be at least as much Potatoes as Pork.

Make a good Crust, cover a Dish with it, and then lay in a Quantity of the Pork.

Strew a good deal of Pepper over this, and then lay in some Potatoes; pepper these a little.

Then lay in more Pork to cover the Potatoes, and after seasoning it, more Potatoes upon it, and so on, one Layer over another, till the Pie is full.

Put a good Quantity of Butter in separate Pieces at the Top, then pour in Water till the Dish is nearly half full; put on the Lid, and send it to the Oven; let it be well baked. The Potatoes will take off the Saltness of the Pork, and all will eat very well together.

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The only Caution is, that the Pie be not put into an Oven that is too hot, for it must soak.

16. *Sea Venison.*

When a Sheep is killed on board let the Blood be carefully saved, and let a Person stir it continually from the Time it comes from the Sheep till it is cold; this will prevent it from congealing.

Then cut up the Sheep, and cut the Leg of one Side like a Haunch of Venison.

Then cut off the Shoulder and the Loin, and the Neck and Breast in two.

Put first the Leg into a deep Pan, and pour some of the Blood to it; then put in the other Pieces, and pour more of the Blood as they are put in, and last of all pour the whole over them.

Thus let them stand soaking as long as they will keep good.

Then when the Blood begins to turn bad, for that will taint a great while before the Meat, take out the several Pieces, and hang them up out of the Sun; keep them thus as long as they will keep fresh, then roast the Haunch of the Mutton in all Respects as if it were Venison; make some Gravy Sauce of the portable Soup, and serve it up.

The other Joints might be dressed in the same Way at the same Time, but as so much Venison is not wanted to be dressed at once, the best Way of treating them is this: Lay them in a large Pan, with the fat Side downwards, and when they are pressed flat with the Hands, pour gently over them a Bottle of red Wine; then when they are well soaked with this pour in a Quart of Vinegar, and thus let them lie all Night.

After this take the Neck, Breast, and Loin out of the Pickle, but leave the Shoulder in to stay a Week longer; rub it with a Handful of common Salt, and a large Spoonful of coarse Sugar, mixed with
Half

Half an Ounce of Salt Petre, and the same Quantity of Bay Salt.

The Breast and Loin should be made into a Pasty, and the best Way of doing this is first to bone and season them, then make a good Crust, and make the Pasty in the usual Way, as we have directed in its Place.

While the Pasty is baking let the Bones be boiled to make Gravy, with some Pepper, Salt, and dry Leaves of sweet Herbs, and a Blade of Mace broken.

When the Pasty comes home take off the Lid, and pour in this hot Gravy, then send it up.

The Shoulder will eat extremely well boiled, with a Pease Pudding, in the Manner of Pork.

S E C T. V.

Of Brewery and Liquors.

C H A P. I.

Of Wines.

A R T. I. *Gooseberry Wine.*

GATHER a good Quantity of Gooseberries when they are well grown, but not ripe, bruise them in a Tub with the Pestle of a large Marble Mortar; put them into a Horse-hair Bag, and press them heartily, but not by so violent a Method as to break the Seeds.

Measure out the Juice, and to every Gallon of it put three Pounds and a half of the finest Powder Sugar.

Chuse a Vessel that will just hold the Quantity, and pouring in the Liquor fill it quite up.

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Let this stand a Month in a cool quiet Place, and then draw it from the Lees.

Wash out the Vessel, and then pour it in again.

Let it stand as before, three, four, or five Months, according to the Quantity, then bottle it off. It will be a strong and pleasant Wine.

2. *Currant Wine.*

Chuse a dry Day for gathering the Fruit, gather it full ripe, strip the Berries clean from the Stalks, and put them into a large earthen Pan.

Bruise them with the Pestle of a Marble Mortar till they be all thoroughly broken.

Let them stand four-and-twenty Hours in the Pan: In this Time they will ferment, and the Juice which was thick will by that Means grow thin; then pour the whole into a Hair Sieve set over a Pan large enough to hold the Juice; it will run freely through, and it is not to be squeezed or forced at all.

The Juice being thus obtained, to every Gallon of it put three Pounds and a half of Lisbon Sugar, stir it well together, and put it into the Vessel.

If you have six Gallons of it put in a Quart of Brandy, and the same Proportion to any greater or smaller Quantity.

The Vessel should be full, and it should stand six Weeks.

Then let it be examined, and if it be fine bottle it off.

If it be not fine enough for bottling let it be drawn from the Lees into another Cask, and from that bottled after it has stood a Fortnight, for in that Time it will generally grow thoroughly fine and clear.

3. *Raspberry Wine.*

This is to be made much in the same Manner of the Currant Wine, and indeed so are all of them; they are to be fermented with a due Quantity of Sugar,
and

and strengthned as they may require, and then set to be fine for bottling.

This is the general Rule, and we have explained the Nature of the whole in a preceding Part; so that it will be familiar from a short Account on these particular Articles.

Let a Quantity of fine red Rasberries be gathered when they are perfectly ripe, and in the Middle of a dry Day.

Let them be put into a Marble Mortar, and bruised gently, but not beaten with the Pestle; then let them be strained through a Flannel Bag that the clear Juice may run through freely.

To a Gallon of the Juice put four Pounds of double-refined Sugar, stir the Juice and Sugar well together, and let them stand three Days; then pour the clear Liquor from the Settlement at the Bottom.

This may be made into a Wine in the usual Way, by putting it up into a Cask; but the best and most elegant Method is, to add double the Quantity of good white Wine to the Juice thus got clear, and it is to be immediately bottled off. It will this Way be fit to drink in a Week, and it will be a very rich and pleasant Wine.

If Brandy, or very pure Melasses Spirit be put to the Juice and Sugar instead of the Wine, it makes the best Kind of Raspberry Brandy.

4. *English Frontiniack.*

This is a Wine made of Sugar and Raisins, and flavoured highly with Elder Flowers, which give it a rich and elegant Taste, extremely resembling that of the foreign Frontiniack Wine. The true Way of making it is this:

Chop very small six Pounds of the finest Raisins of the Sun; beat to a coarse Powder twelve Pounds of Lump Sugar, and put both these into six Gallons of Water: Set this on the Fire, and boil it an Hour.

Gather a Quantity of Elder Flowers that are perfectly ripe, and let them be gathered an Hour or two after Sun-rise, but not late in the Day: Being thoroughly ripe the Flowers will easily rub off the Bunches, and there are to be the Quantity of half a Peck of the pure Flowers thus collected.

Put these into the Liquor, and set it by.

The next Day squeeze into it three good Lemons, and add four Spoonfuls of Ale Yeast.

Let this stand together two Days, then strain it off, and put it into a Vessel.

To every Gallon of this Liquor put a Quart of Rhenish Wine, and then put a Bung lightly into the Vessel; let it remain thus a Fortnight, and then stop it down close.

Let it stand in this Manner six Months, then try if it be clear, and if it is draw it off into Bottles; if not, draw it from the Lees, and let it stand till it is fine, and then bottle it.

This will be a sound rich Wine, and will have a most true Taste of Frontiniack.

C H A P. II.

Of Brewing.

A R T. I. *Of Malt in general.*

IN order to have Beer in Perfection, the first Thing should be the Care of the Malt. There are so many People who do amiss in this Article, that we shall advise the Farmer; when he has Convenience, to make his Malt himself; and when he cannot do this, yet at least to go as far in it as he can: And that he may not be at a Loss for Instructions on this Head, we shall give him the best short Rules. The Gentleman will find Advantage also in observing of them; for whether a Thing is practised or not, the better it

is understood the more likely the Person will be to escape Fraud who is concerned in the Article.

Barley to make good Malt should be itself very good in its Kind, of a full Body, mown when ripe, and well cured; and in the making the Malt the Nature of the Fuel should be greatly regarded: Some make it with Wood, and others with Straw; in some Places it is made with Fern, but that is worst of all: The best Fuel is Coke, and the next is Welch Coal. The Reason of all this is very plain, for the Smoke of the Fuel must come at the Malt as it is drying, and will give it a Flavour; therefore the best is that which has no Smoke at all, and the next best that which has the Smoke sweetest.

Coke is Cinders of fine Coal burnt till the Sulphur is gone, so that they will afterwards make neither Smoke nor Smell, and yet will give a brisk, steady Heat; this is therefore best of all, for the plainest Reasons in the World.

Welch Coal is not to be had in all Places, but when it can be got is excellent, for it makes a clear, clean Fire, and has no Smell.

The very worst is Fern, whose Smoke is sour and suffocating: None use it but Country People who have no Choice of their Materials, and not much Nicety in their Palates.

There are some Counties in England where all the Malt Liquor is spoiled by this Flavour from Fern Smoke: Custom inures them to it, but others cannot taste it.

Wood has some Sourness, but not nearly so much as Fern; and as to Straw, nothing is sweeter; though there be a great deal of Smoke it is little hurtful.

From these Hints the Person who is about to purchase Malt for Brewing will know what are the Defects, and to what they are owing; so that he can be guarded against them, and he who shall be in the
Way

Way of making it himself will be able to do it with most Advantage.

C H A P. III.

Of the Choice of Water for Brewing.

NEXT to the Choice of the Malt is that of the Water. There are particular Places where all the Beer is spoiled by the Badness of the Water, as there are others where it is by the Malt.

Thus the mineral Taste of the Waters in Rutland give all the Malt Liquor brewed with them a Taste of Allum; and in the same Manner elsewhere much Hurt is done when it is less perceived what is the Reason.

These however are Particulars which it is only needful to name, that in such Cases they may be understood, that People may guard against them. One general Rule will hold: If the Beer in any Place be universally bad, and the Malt nothing particular, and the more if Beer brewed with Malt from other Places still have the same bad Quality, then it is the Business of the Brewer to examine the Water; if his Taste discover nothing, let him desire some Chemist to try it by Experiments. A little of such bad Ingredients will spoil it for Brewing, and the Art of those People, such of them as understand their Business, will discover the smallest Quantity.

If it be found that all the Water is bad, and there is no large River near, for that cannot well be all spoiled, the Remedy is to save Rain Water.

March and October are good Months for Brewing, and there is Rain enough about that Time: Let this be saved, and the Beer probably will be good that is brewed with it, though all else in the Neighbourhood be bad.

There is more in this than many can think. The Thames Water makes London Porter; the high dry-
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ing of the Malt helps, but there cannot be this Liquor made well and properly with any other Water.

In all Places the Brewer has his Choice of two or three Kinds of Water, usually of more, and it is proper he know the Difference; Liquor he calls it, for it is a Forfeit in a Brewhouse to say Beer is made of Water.

The several Kinds are, Well Water, River Water, Pond Water, and Rain Water.

Of these, Well Water is the hardest, and Rain Water is the softest of all.

River Water is softer than Well, and Pond Water than River. The general Rule is, that the brown Malts should be brewed with soft Water, and the pale with hard.

This is what is fit to say in general, and we shall in a succeeding Chapter come to the Particulars; but as we have here delivered the Nature of Waters of various Sorts, we shall return to the Malt, and explain in a few Words what is the Change and Difference in that, according to the drying.

C H A P. IV.

Of the several Kinds of Malt.

THE Maltsters distinguish their Goods under three Names; the pale Malt, the Amber Malt, and the brown Malt.

The same Corn will make one as well as the other, the Difference is only in the drying.

The pale Malt is the richest of all the Kinds; it takes more Time in the making, because it must be dried slowly and leisurely, but then it sells for somewhat more, so that as much is advanced in the Price as is taken up in the Time of drying; and then it goes farther in the Brewing, so that the additional Price is no real Charge upon the Purchaser; thus on
all

all Accounts the pale is the best Malt; it is fullest of Flower, and most perfect; it is the most near the real Nature of the Barley Corn from which it was made, and the richest and most wholesome.

The best Method of Brewing with this is to use Well Water; for as it is the loosest and lightest of all Malts, the hardest Waters will take its Strength, and they will amend its Quality.

The Malt that comes properly next after this is what we call Amber Malt; it is of a middle Nature between the pale and the brown, having been dried with a middle Degree of Heat and Time.

Many prefer this to any other; it obtained its Name from the Colour of the Beer that is brewed of it; for when this is well performed the Colour is just the clear Yellow of a fine Polish Piece of Amber.

The best Method of Brewing this is with half River and half Well Water.

Those who are very nice about it use two Parts Well and one Part River Water.

I have known excellent Beer brewed from this Malt with Well Water alone; but the best I ever tasted of the common Kind was at Mr. Child's, and upon enquiring into the Way of managing it, that Gentleman very obligingly told me his Secret, which was, he brewed it with all Well Water, but he let that Water stand two Days exposed to the Sun before he used it.

Amber Malt may be brewed either with all Well or all soft Water. In the common Way of Brewing with all Well Water fresh drawn, the Beer looks like the pale Kind, but it has not the fine Flavour, nor does it go so far: In the other Way of Brewing it with all River Water, it makes the most Beer, but it is not so pale as it should be.

I have seen in Suffex Amber Malt brewed with all Pond Water, and one could not tell what Kind of Malt the Beer was made of.

Brown Malt is high dried, it is finished in a little Time, and with a considerable Heat, and by that Means it becomes burnt up.

There are Uses for which this Malt serves best of all, but there are great Errors about it.

In the first Place the Maltster, because he sees his Customers like it for being hard and brown, burns it sometimes to a Coal, till it is too hard to be bitten by the Teeth, and till the greatest Part of the Substance of the Flour is gone.

In the next Place the Consumer makes the same Kind of Mistake, and both have very disagreeable Consequences; because brown Malt will colour a great deal of Water, he supposes it will make a great deal of Beer; but that is a Mistake, for none makes so little; he should consider that Colour is one Thing and Strength is another: In general, the darker and more burnt the Malt, the less Flour and Substance it has, and this is what gives the real Strength to the Beer.

Let the Person who designs to brew with brown Malt chuse such as is not over dry and hard, but what has a good deal of the Strength and Body remaining in it; and when he has thus suited himself with a proper Kind, let him remember that he is to allow a somewhat larger Quantity than he does of the pale Kinds.

Then the Consideration will be what Water to use, and in this his Reason must guide him: As brown is the Opposite of pale Malt, the opposite Kind of Water is to be used in brewing it. The hardest is best for that, as we have shewn, and therefore the softest is fittest for this.

There are many Reasons for this Choice, but the plainest is this: As the brown Malt has least Strength, it should be brewed with that Water which takes the Strength out of it best; this is always the softest: More Beer by a considerable Quantity may be made from any Malt with soft than can with hard Water.

Beside, the Fault of the brown Malts is, that the Beer made from them is apt to sour more than any other, and Experience shews that Beer with the softest Water keeps longest.

Having thus given the considerate Reader an Insight into the Nature of Malt and Water in their various Kinds, we shall close the Account with one Caution regarding the Grinding, which, though little regarded, is of great Consequence.

Most People, out of an over Care, run into the Fault of grinding their Malt too fine; this makes it run thick in the Wort, and troubles and disgraces the Brewing.

The Malt should be only just broke in the Mill; and all the Care needful in this Respect, is to see that it be in Reality all broke: And when it is brown Malt the best Method is to have it ground ten Days before it is used, and let it be kept that Time in a dry Place; this mellows it, and gives it a true fine Flavour.

It is a good Method to keep all Malt some Time after it is ground before it is used in brewing, but the browner it is the longer it should be kept, for the fiery Particles go off this Way.

C H A P. V.

Of Brewing in a private Family.

IT has been supposed impossible to brew either with Advantage or any great Success in a private Family, for Want of the Conveniency of a great deal of Room and a great many Vessels; but we shall shew that to be an Error, and at the same Time advise and invite all private Families to brew, by shewing them the plain Method, directing the Quantities, and calculating the Profit and Advantage.

The Master of a Family knows from what has been said already, how to chuse his Malt for his Purpose, and to suit his Water to the Kind of it; we are now to tell him the Quantities, and set down the Method of the Work, which is so easy that the meanest Servant may be enabled to perform it, either by reading the Instructions here, or receiving them from the Master.

Doubtless there are Advantages in great Vessels, and the working of great Quantities together, but these are principally in the making a somewhat larger Quantity of Drink from the same Malt. This is not to discourage the private or Family-Brewing, because we shall shew that, notwithstanding this Disadvantage attending the working small Quantities, the Balance of Price is greatly in Favour of the private Brewer; and as to almost all other Particulars the Advantage is on the private Side.

The common or publick Brewer cannot have his Malt ground so long before, nor kept with such Care, as the Master of a Family who brews only for himself; and Cleanliness, which is a very great Article, is altogether in Favour of Family-brewing.

The Vessels for this Purpose are free, and can be easily cleaned, sweetened, and aired, and there is Time for the doing it between one Brewing and another; but this is not the Case with the publick Brewer, his Backs and Coolers are all fixed, and cannot so well be cleaned, and the Brewing is repeated so quick that there is not Time for airing them or sweetening as in the other Manner.

Then the Family Brewer can skim off his Top Yeast, and leave his Bottom Lees behind, which the publick Brewer cannot so well do.

These, and a Number of other Particulars, make it very apparent, that any Man may brew better Beer at Home than he can buy of any Brewer, and that it will come much cheaper; neither is there any

vaſt Charge in the Purchaſe of ſuch Veſſels as will be required for it.

Suppoſe there is a Copper, which, when brim full, holds a Barrel, that is, twelve Pails of Water; this is no great Size, indeed it is what few Families in the Country are without, or can be, for various Occaſions; with this Copper, and a few Tubs, the Owner may brew five Buſhels of Malt very well, and this is entirely ſufficient for the Demands of a moderate Family.

Let ſuch a Perſon chuſe his Malt carefully according to the Kind of Beer he prefers, and ſuit the Water to it as we have directed.

Let him have the Malt ground ten Days, or thereabout, before he brews, and for Fear of Cheats in the grinding, which we can aſſure him in this Caſe are very common, let him put a Quarter of a Peck of Oats among it; this will keep the Grinder honeſt, and it will not do the leaſt Hurt whatſoever to the Beer.

When the Malt has ſtood its Time let him fill his Copper with Water, and make his Fire ſound and good under it.

When the Water is moderately hot let him throw on Half a Peck of common Bran, this will make the Water boil much ſooner, and it always helps the Beer by keeping in the Spirit of it.

When it boils let the Bran be ſkim'd off, and it will ſerve for Hogs, ſo there is no Waſte by it; let the Water then be let off into the Maſh-Fat, and let it ſtand there a Quarter of an Hour.

Then ſave about Half a Buſhel of the Malt, and pour all the reſt in.

Put it in by a little at a Time, and let a ſtout Perſon ſtand over the Vat all the Time, ſtirring it well that the Malt do not gather in Lumps.

When the whole is in let it reſt.

This is not the common Way of brewing, but I have found by Experience that it answers much better.

If a good deal of Ale and a smaller Quantity of small Beer be intended, the hot boiling Water must be ladled in so slow that one Bowl may just come off before another is put on ; and in this Way the brewing of five Bushels will take up about sixteen Hours ; and in this Case the best Way is to let it run out of the Tap as small as a Straw, and perfectly clear, for Ale thus made will very soon be fit for the Table.

If less or weaker Ale be intended, and better small Beer, then the second Copper of boiling Water is to be put in expeditiously, and drawn off with a quick Stream.

When the first stirring of the Malt is done, the Half Bushel that was reserved must be put in ; this will soon spread itself all over the Surface of the rest, and then it will be very proper to spread some coarse, thick Cloths over to keep in the Steam and Spirit of the Malt.

Thus it is to stand three Hours, and then more Water is to be put in from the boiling Copper ; this is to be poured in a Bowl at a Time, at small Distances, till as much is in as will make the Quantity running off nearly enough to fill the Copper.

This is the Time for the Hops ; Half a Pound of such as are fine, fresh, and fragrant, is the right Quantity to be used now ; these are to be tied loose in a Canvas Bag, and they are to boil half an Hour, and then to be taken out, and such a Quantity of fresh Hops must be put in as will be enough for the whole Brewing if it be for Ale, but if it be for Beer a fresh Quantity must be put in every half Hour, and boil briskly.

While the first Copper is thus boiling off, the Malt in the Mash-Tub should have fresh hot Water Bowl by Bowl thrown on it, and run off in such a Manner
that

that there may be the Quantity of a second Copper ready by that Time the first is boiled off.

This is to be boiled in the same Manner as the first.

These make the strong Beer, and after this a Quantity of small Beer may be made by boiling up the next Washings of the Malt, with the old Hops boiled over again that before served for the Ale.

By this Management, out of five Bushels of Malt may be made a Hogshead of Ale with the two first Coppers of Wort, and a Hogshead of small Beer with the other two.

It is a middling Ale that is brewed with this Proportion; those who chuse it stronger or weaker have nothing to do but vary the Proportions, allowing more Malt as they would have it stronger.

Now with Respect to the Taste, Flavour, and wholesome Quality of this Drink, there is no Comparison with that of the common Brewers, for if it have been made according to these Directions it will be in every Respect vastly preferable to that from the best Brew-houses.

As to the Advantage in Price, that comes next to be named; and to do it in the most fair Manner, we will suppose the Owner have chose his Beer a little stronger than according to this Rule, and that he has put six Bushels of Malt to the same Quantity of Ale and small Beer, still we shall find the Profit altogether on his Side against the buying, though we take in every Article.

The six Bushels of Malt, allowing the Market Price to be two Shillings and eight Pence, will be sixteen Shillings; we will call the Pound of Hops one Shilling and six Pence, then allowing half a Crown for a Man's Wages the Day, and a Shilling for Fire, which is the most, here is the Price of a Hogshead of Ale and a Hogshead of small Beer, which in the whole amounts just to a Guinea: Whereas the Hog-
shead

head of Ale bought of a Brewer in London would be four and twenty Shillings, and the Hoghead of small Beer nine Shillings, in the whole one Pound thirteen.

Twelve Shillings therefore will be saved, all Expence being set at the highest, and the Beer will be pleasanter, stronger, and wholsomer than if bought at the best Brewer's.

S E C T. V.

Of GARDENING.

C H A P. I.

Of the Flower Garden.

THIS is a Month in which the Eye will have a great Variety of pleasing Objects in the Flower Beds, and that should encourage the Possessor to take all due Care for a Succession. What he sees this Year, is in great Part the Product of the last, for the Gardiner is a Kind of Creator with respect to these Things. Therefore he is now to lay in the Sources of his succeeding Stores.

Many of the Annuals that now make a Shew in the Garden, will not ripen their Seeds, and this from the plain Reason that they were sown late in Spring; such are several of the Lupines, the Annual Stock, the Sweet Scabious, and the like: Therefore the End of this Month is a good Time to sow them for a better Chance next Year.

Many of these Kind of Flowers being sown late in Summer, will stand the Winter in a low State, and then will be strong and early the next Spring; they will flower very finely, and have Time to ripen their Seeds well.

The common Practice of Gardiners is very wrong on this Head, and the sowing in this Manner would be a great Improvement.

This is a very good Season for propagating several Flowers by cutting ; all the *Lychnis* Kind will answer thus very well, and will get a great deal of Strength against the next Year.

The best Method is to take the Cuttings from the main Stalk ; they should be six Inches long or more, and a Couple of Joints should be put into the Ground and one left above: This must be done in a shady Place and in good Ground, and the Cuttings must be watered ; there will then be no great Hazard as to their Success.

Let the Eye be now carefully carried over the Borders, and see where luxuriant Nature has loaded herself too much, as is very frequent. The Top of a flowering Plant will at this Season be too heavy for the Stalk ; the Wind will have too much Power over it, and will either break it off at the Surface, or if it stand that, will loosen the Root in the Ground. This is to be prevented by tying them up to Sticks, and there is more Good done by this Practice than most are aware ; for nothing hurts a flowering Plant so much as to be shaken at the Root : The same Plant will throw out twice the Number of Flowers, and every one twice as big, that shall be well supported, which would have ripened only a few, and these poorly loose.

While this Care is taking of the rising Generation, the Ground should be cleared of the past ; dead Stalks croud up Borders in a very displeasing Manner : Nothing looks so well as clean Earth about a flowering Plant, and nothing makes it flower so vigorously ; therefore both to please the Eye, and to advance the Perfection of the other, let all decayed Plants be cut away.

It is a Rule that no Seed should be suffered to ripen upon a Plant, unless it be intended for Use, because

cause it exausts the Root; at the same Time that the Plants past Flowering are cut down, the Weeds will also be taken away; and if these be removed once in Fortnight, as there will be Occasion at these Seasons, the Garden will always look fresh and flourishing.

Let the Tufts of Sweet Williams be examined, and there will be found a great Number of Shoots straggling on every Side: Let these be laid, and they will get Root, and furnish an Encrease for the next Season.

Pinks will be found in the same Condition, and the same Care should be taken of them. A little Trouble at this Time is a Source of Plenty for the succeeding Summer.

Whatever Bulbs were left in the Ground the preceding Months, should be now taken out; and such as do not bear to be kept out of the Ground any Time should be now transplanted; for this is the Season that their Flowering being over, they are in a State of Rest. The Fritillary is to be removed at this Time, and the whole Family of the Narcissuses are in this Condition.

We have directed the Gardiner in our Spring Months to sow several of those Flowers which do not Flower 'till the second Year; and a particular Management required for those Plants, one Part of which regards the present Season. They will now be of some Height, and as they should be twice transplanted, this is the Time of the first removing them. The Hollyhocks and French Honeysuckles, and the Lychnis Kinds, with the Campanulas, and many other Flowers come under this Denomination. They should at this Time be removed into some good Border, and be well nourished during the Remainder of the Summer, by having a due Space of Ground for their Roots to roam in. In the Seed Buds they stood too close, and it is not a Time yet for putting them where they are to stand all the Winter.

They should be transplanted in a dripping Season; and having stood about two Months in their new Places, they will be fit to be removed again, and set where they are to Flower next Year.

Such of the Plants that have Flowered the last Month, and have been marked for Seed, should now be watched for its Ripening: These are the only ones that are to stand so long, but these deserve their Place very well by their Use; it is not by their Beauty. When their Seeds are ripe they must be gathered with a great deal of Care, Husks and all, and laid on a Shelf or in a Cupboard separate, to dry leisurely: They should not be shook out of the Pods 'till the Time of sowing them.

The Flowers in Blow at this Time must also be examined for the same Purpose, and such as are finest marked for Seed by placing a Stick at them: This will save them when the rest are cut down after Flowering; and then their Seeds are to be gathered in the Manner we have just named for these.

We are to recommend to the Curious in a particular Manner at this Time, the propagating his flowering Shrubs by inoculating; this is the finest Month of the whole Year for that Purpose.

There is no Way like this for the propagating the choice Roses, and the like, and when it is performed in a judicious Manner at this appropriated Season, it scarce ever fails.

Carnations will be now coming into Bloom, and this is a Time at which they require a great deal of Care, when the Husk, which ignorant Gardiners call the Pod, bursts on one Side, it should be slit open on the other, that the Flower be spread equally; and then they are to be guarded from Insects, which are more dangerous to them than to all other Flowers.

We have advised the making Layers of Sweet Williams and other Flowers this Month; but the Reader will remember we directed him to do the same in the two preceding. These he is to watch
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and water; and such as have taken Root, he is to take up: The best Method is to plant them in a Border by themselves for the present, and toward Autumn to remove them again into the Places where they are to remain: In each of these Removes they must be carefully watered and shaded, or they will not well take Root.

Seedlings of the choice Flower of the Auricula and other Kinds, should about this Time be transplanted, and the only Direction needful to this is, that they be placed in good Mould and have the Advantage of Shade.

C H A P. II.

Of the Kitchen Garden.

THE Products of the Spring Sowing are now many of them in their Perfection, but the Gardiner should remember while he is gathering one Crop to make Preparation for another: There is the Winter to come, in which the Products of the Kitchen Garden are always very desirable, and there is also a Consideration to be had for the succeeding Spring, for there is no Time better than this for sowing many of the useful Crops that are to come in very early.

Winter Spinage is to be sown this Month, and Onions for the Spring. Carrots sowed at this Time and kept clear of Weeds, will also come in very well in Spring, before those sown later: And Colworts and Turnips may be sown now with great Advantage.

The late Cauliflowers should now be planted out; and all of the Cabbage Kind intended for Use early in Spring.

Many Seeds will be now ripening, and they must be watched and gathered in due Time: Spinage naturally ripens now, and the Seeds of many of the Spring Salletings. They must be gathered in a dry

Day, and dried on a Floor in an airy shady Place, after which they must be got out of the Heads and Pods, and put up for Use. The Seeds of Flowers we have directed to be preserved in their Pods; for they are but a small Quantity, and they are of a more tender Nature: Those of Kitchen Products are hardier, and will bear being kept naked; and there would not easily be found Conveniencies for keeping them in the Husks.

Several of the early Crops will be gathered off by this Time, and the Stalks should in this Case be carefully cleared away. There can be no Good in suffering the dead Stems of Plants that are past Use to remain upon the Ground; they are offensive to the Eye, and they are a Harbour and Shelter for Vermin.

The Cucumber Plants will now be in full Bearing, and they must be taken Care of; Water is what they principally want, and they must have it or their Produce will come to little; they are a large Plant, and the Fruit large, and the whole is full of a watery Juice, which must be supplied at this Time, or they will not bear half their natural Product.

Endive is an Herb so very useful by its Continuance when others are gone, that there always should be fresh Sowings of it so long as the Season calls for it. This Month will be a very proper Time; we have advised it to be sown in the preceding Months, and what is raised by these Sowings will last the Summer; but what is sown at this Time, will stand thro' the Winter.

The little Kind that is called Silver Endive, is very proper for this Sowing; it requires no bleaching, and will come into Use soon, and a great deal of it will stand 'till the next Spring.

This is a very good Season also for sowing Brocoli for Spring; it is a Time few Gardiners mind for this Purpose, but he that shall do it, will have Brocoli at a Time when they have none, or when they have it very poor.

He will have ripe Heads when they have nothing but side Shoots remaining. Those who chuse Spring Salleting in too advanced a Time of Summer may have it, for the Seeds will grow at no Time more regularly or speedily; they should be sown in a North Border at this Season, for when they have more Sun, they will soon be too rank for Use.

There is as much Advantage in very late Crops, as in very early ones, tho' there be not so much Profit in them: At this Time it will be proper to sow French Beans, and such as are sown now will bear 'till the very coming on of Winter: It should be considered that they will be exposed to Frosts in this Time; and they should for that Reason be planted in a defended Place.

Celeri and Endive are now to be planted out for bleaching, and let it be a constant Care at this Time to water those Things that have been transplanted, for otherwise in these dry Times they will come to little.

Onions will shew they now begin to be fit for pulling by the Leaves fading. The same will be seen in the Shallots and other Plants of that Kind; and the Notice must be observed by the Gardiner. They are now in Perfection for taking up, and they must be laid in an airy Room spread at a Distance upon the Floor, and upon Shelves, that they may be thoroughly dried on the Outside, and may have a sufficient Quantity of their Juices gone from within, to prepare them for keeping.

The Endive and Celeri planted out in the preceding Months, will be now fit for blanching. The Celeri is to be blanched by earthing up, and the Endive by tying it. The great Care in drawing the Earth up to the Celeri, must be not to bury the Head; and a proper Time should be taken for tying up the Endive; the Middle of a dry Day is the proper Time; for if it be in wet Weather, or even when
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there is but a large Quantity of Dew upon the Plants, they will rot instead of blanching.

The Melons will now ripen in large Numbers, and Care must be taken of them that they ripen properly, and are gathered in due Time.

The Gardiner must not carry on one of our Instructions to another Species; for what is proper for one Kind is wrong for another, often when they seem nearly related in Nature to each other: In the present Case there is a strong Instance of this. The Cucumber and Melon may naturally seem related, and an unskilful Person might thence suppose, that whatever was ordered for one, must be proper for the other; but this is not the Case, the Cucumbers we have directed should be largely watered, but the Melons must at this Season have very little.

The Value of this Fruit is its delicate Flavour, much watering will make the Melons large, but it will entirely take away their delicate Taste.

If Asparagus Beds have been made in the Spring or young Artichokes planted, this is the Time for preparing and finishing them up. The Asparagus Beds must be carefully looked over, and where any have failed, the Loss must be supplied by new ones; and as to the Artichokes, great Care must be taken that they be cleared from Weeds, and the Ground must be well dug about them.

The Letuces sown last Month will be fit for planting out, and they must be watered for three or four Evenings after; for these and for the repairing the Asparagus Beds, there must be chosen a dripping Day, and it is better to defer it a Fortnight, than to do it in improper Weather; we may assist the Deficiencies of Nature by artificial Waterings: They do not answer like the real and proper Drops from Heaven: *Set Wet* is an everlasting good Rule.

C H A P. III.

Of the Orchard.

THE preceding Month was a very favourable Time for the *budding* of Fruit-Trees, but this will not be amiss, therefore let such as have omitted it entirely begin now; and let the Gardiner who has been more careful to begin in Time, recollect whether he has omitted any Thing; it may very well be done this Month, and will succeed best in a cloudy Day; otherwise the Evening is the best Time.

After every Shower it will be proper to walk the Rounds among the Fruit-Trees, to look after Snails; they will now be seen crawling Abroad; and much good Fruit may be saved by destroying them.

The Trees that have been budded or grafted the preceding Season, are now to be carefully looked over. If there be any Shoots from the Stalk, the Buds or Grafts will be poorly nourished: Such must therefore be rubbed off, and the whole Store of Nourishment obtained from the Root must be directed that Way.

In the same Manner all fore-right Shoots should at this Season be rubbed off from Wall-Trees, and Espaliers, that the Nourishment may not be drawn by them which are useless, from those which should be encouraged.

This is a good Season for cutting off Suckers from the Roots of young Trees; they are like the fore-right Branches of the others, only worse; they are of no Use, and they draw a great deal of Nourishment. These being cut off, the Weeds should be cleared away, and the Ground dug about the Trees: This will give them the greatest Strength and Vigour.

Snails are not the only Devourers of fine Fruit, Wasps will eat into it, and even so contemptible an

Insect

Insect as the Ant will be vastly mischievous; the Way to guard against these, is to tempt them from the Fruit with something they like better; for this Purpose let little Gallipots of coarse Sugar and Water be stuck in the Forks of the Trees, and wide mouthed Bottles of the same Syrup tied to the Branches, they will be decoyed into these, and the Fruit will escape.

One Caution however is needful in this Respect, which is, that the Danger be seen before the Remedy be used; let there be none of these Pots and Bottles set 'till the Wasps come, for they may bring them.

From Lady Montague's Book.

The most proper Time for gathering Herbs or Roots.

ALL Kinds of Herbs and Leaves are fullest of Virtue from *Spring* to *Midsummer*; the Stalks from *Midsummer* to *Michaelmas*; and the Roots during the *Winter Season*: For it is an unerring Rule, that Roots of all Kinds are fullest of Strength and Virtue when the Plant is without Leaf.

In the drying of Herbs it is most proper to let them be exposed to the Air, in some Room or Place that is shaded from the Sun; for by this Precaution they will better retain their Virtue.



